

WT 500 M647n 1920

50410320R



NLM 05261991 4

NATIONAL LIBRARY OF MEDICINE

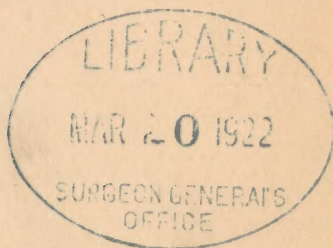


3-15-22

Acknowledged

For the Library of
The Surgeon General U.S.A.
Complimentary

FROM THE H. N. D. PARKER PUB. CO.
MARYLAND BLDG., WASHINGTON, D. C.





THE AUTHOR
B. CURTIS MILLER, M. D., SPECIALIST

B. CURTIS MILLER, M. D., *Specialist*

Author of "TREATMENT OF CHRONIC DISEASES" (Without Drugs)
(Passed away October 17, 1919.)

BIOGRAPHY

B. CURTIS MILLER, M. D., was a native of Philadelphia, Pennsylvania. A Graduate of Rush Medical College, Chicago, taking the full medical and surgical course. Graduate in Gynecology in the University of Pennsylvania. Began practice under the noted Pancoasts of Philadelphia. Spent five years in study and practice with some of the most eminent specialists in England, Germany and France. Spent two years in hospital service in India, so as to have opportunity for special study of chronic diseases. Was a pupil of ten of the most eminent specialists in the United States. Spent six months in South America studying malarial fevers. Was for ten years chief surgeon of the Maryland State Hospital at Cumberland and specialized in Gynecology and abdominal surgery and in chronic diseases. Performed 180 successful capital or abdominal surgical operations, every patient fully recovering; a record, seldom equalled and never excelled.

In this book--The New Scientific Method of Treating Chronic Diseases--he is giving to the world the ripened product of his studies, investigations, discoveries and conclusions with the hope that it may prove a great boon to suffering humanity.

Your attention is especially called to the Etiology and Pathology of the ailments as stated in the chapters on Rheumatism, Neurasthenia, Locomotor-Ataxia, Typhoid Fever, Appendicitis, etc. The treatment of these diseases is entirely new and absolutely effective. It is the result of many years of observation as Physician and Surgeon, and has been fully tested in hundreds of cases through a period of fifteen years with the utmost success, and he was absolutely certain of the positions he has taken, having made the proofs himself. He, during this time having treated two hundred and fifty-two (252) cases of Appendicitis, by this new method, without a fatality.

This book is pronounced by advanced physicians to be the most wonderful and most valuable book ever written on the treatment and cure of chronic diseases.

The careful reader, in reading this book, will note the absence of drug medication, and no doubt wonder why

Doctor Miller abandoned them. The reason for so doing, was convincing to him, and he like every sane person, abandoned them when shown something better. The **Vacuum—Natureopathic—(the nerves) Treatment** and other Natural and Drugless Methods, were brought to his attention and then only after observing the results attained and being cured of a very serious case of Locomotor-Ataxia which had passed beyond the reach of skilled physicians and medicine, and compelled his retiring from active practice.

For more than 18 months—while taking **The Vacuum—Natureopathic—(the Nerves) Treatment** as a cure, for his serious case of Locomotor-Ataxia, from which he had suffered for several years and which had compelled his retiring from active practice, and noting the results on others—patients of Prof. H. N. D. Parker—with incurable (so-called maladies that afflict mankind, in which his schooled eye detected an improvement daily from the first treatment, and when he was convinced there was a better way, said, “never again, will I go back to Drug Therapy.”

For more than 12 years he was permitted to practice his newly found System, and in this Book, “TREATMENT OF CHRONIC DISEASES”, he has given to the world the grand results he attained, and how he did it.

RELATING TO DIETETICS. Note that Doctor Miller a short time previous to his death, referring to Diet as an essential feature in the treatment of Chronic Ailments, said to this writer, that he had changed his mind on the question of Diet and was prescribing a more liberal Diet, than he formerly did, in which a liberal amount of meat, whole wheat bread, together with such other food as the appetite called for were prescribed and liberal quantities allowed, saying food is just as essential to success as the treatment, and that a diet for the sick that bordered on near starvation was to say the least, pernicious if not dangerous, and better calculated to make the well sick, than the sick well, and that he had abandoned a restricted diet for all time, saying liberal feeding was necessary in Rebuilding Tissue and Repairing the waste of the Body. The direct result of their ailment, aided, probably, by a restricted diet.

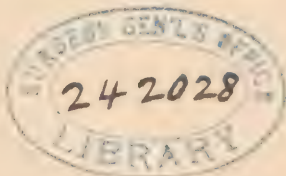
Prof. H. N. D. Parker, M. D., N. D., D. C.

From whom more specific particulars can be obtained.

Washington, D. C., Jan., 1920.

THE NEW AND
SCIENTIFIC TREATMENT
of
CHRONIC
DISEASES

BY
B. CURTIS MILLER, M. D.
Specialist
BALTIMORE, MD.



BALTIMORE, MD.
W. L. GIBSON & COMPANY
1914

WT

500

MEAD,

1920

File 7592, Item 4

Copyrighted by

J. J. WOLF

1914

—

All rights reserved

CONTENTS

CHAPTER	I	RHEUMATISM
CHAPTER	II	SCIATICA
CHAPTER	III	PARALYSIS
CHAPTER	IV	LOCOMOTOR ATAXIA
CHAPTER	V	NEURASTHENIA
CHAPTER	VI	BRIGHT'S DISEASE
CHAPTER	VII	TYPHOID FEVER
CHAPTER	VIII	DISEASES OF THE STOMACH AND BOWELS
CHAPTER	IX	APPENDICITIS
CHAPTER	X	ENURESIS OF THE AGED— URINAL INCONTINENCY OF OLD PEOPLE
CHAPTER	XI	ECZEMA
CHAPTER	XII	DISEASES OF THE LIVER
CHAPTER	XIII	CONSUMPTION
CHAPTER	XIV	GOOD HEALTH. KEEPING WELL

PRE PREFACE DISCLAIMER.

Your attention is called to the absurdity of the instructions relating to Dietetics as prescribed in each of the ailments mentioned in this book.

With due respect to the memory of Doctor Miller. He passed away in October, 1919. I had it from his own lips that the dietetics for this book were furnished him by one of the most prominent Dieticians of this country, yet they did not meet with his views on the subject, but were given a place believing the reader would be able to amend them to suit their individual case. I not only think less of them than Doctor Miller did, but believe them to be pernicious and dangerous in every particular. I believe that the God given instinct as to what man should eat is just as reliable as that He has furnished the rest of the animal kingdom, namely, eat what your appetite calls for if you can get it—and when you need it—remembering that meat and whole wheat bread contain all the elements the body needs to maintain its integrity, and that meat and eggs are about the only articles of Food, that are not, by man or the cook, denatured, making them less fitted to supply the needs of the body.

Pasteurized milk is unfit for human consumption—except for cooking—the pasteurizing (cooking) it seals the casein in globules, which will not be digested or assimilated until they are broken open—in the stomach—by fermenting, in which case it gives rise to sour stomach, indigestion, heart-burn, colic, and which is more often than otherwise diagnosed as Appendicitis, and a serious sequence (the Operation) follows; often followed by Premature D——, etc., and as all the mineral matter, which the body needs, is locked up in these casein globules, unless fermentation sets in—which is prevented by the addition of lime water to pasteurized milk given children—in the stomach, the most needed, the mineral elements for maintaining the integrity and health of the body are entirely lost, as it passes through and out of the body—undigested and un-assimilated—and is a lost essential element (of the milk) which the body needs.

In my more than 56 years experience in the treatment of the serious ailments of man, which were followed with universal success, have I ever restricted the diet of a single patient, but on the contrary, have advised and urged a

liberal diet and directed the patient to select such foods as their appetite called for and to eat when they were hungry irrespective of what time the clock indicated.

The following sets forth, fairly well, my views of a proper Rational Diet and what

YOU SHOULD KNOW RELATING TO IT

That a reasonable ration, is not starvation, but liberal, properly proportioned Nourishment that contains all the elements for body building and Sustenance in Gestation, Childhood, Health and Disease and is adjusted to meet the requirements of each case. Such is Rational Dietetics and taste, the instinct that governs it.

PROF. H. N. D. PARKER.

Washington, D. C., November 1st, 1920.

PRE-INFORMATION.

The interested reader will take notice that throughout this book, where Doctor Miller speaks of Dry Cupping, he used that expression, believing that the plain people—for whom this book was more especially written—would more readily comprehend what he wished to convey to them than either of the following terms by which it is known, namely, in America as **Parker's Vacuum—Natureopathic—(the nerves) Treatment** (*the method employed to produce the results desired*). In France, where it was first stabilized, and systematized, as **Junod's Haemosphasia** (*means of controlling the circulation*). In Germany and among the well informed physicians of this country as **Bier's Hyperemia** (*results produced*). This being true, remember, when reading this book, that Dry Cupping is simply the old and common name for an old method that poses today under the more modern and scientific names, mentioned above.

Pneumatic Therapy would be a more sensible and rational term to use, when referring to any method that makes use of the atmospheric pressure. Either + (plus) or — (minus) as a means of influencing the circulation or respiration in congested, hepatized, solidified, inflamed or anemic condition of the lungs or any other part of the body, where abnormal (diseased) conditions prevail. A proper applica-

tion of the **Vacuum—Natureopathic—(the nerves—Treatment,** will determine the Blood to, or from the affected part and normalize the Blood Circulation within the diseased area. It will at the one and same operation bring nutrition to, and absorb waste matter of, the parts and with the use of the Pneumatic Cabinet expand the lungs, open up and break up and through the abnormal condition of the lungs, or elsewhere, met with in many forms of the serious ailments of man and also at the same and one operation aerate namely, cleanse the body of all vicious and pernicious gases, that are the result of decay and fermentation, of the waste of the body, mal-digestion, mal-assimilation and mal-elimination.

BLOOD CIRCULATION MOST IMPORTANT.

To properly estimate the value of **The Vacuum—Natureopathic—(the nerves) Treatment,** it must be understood, that it is the condition of the circulation of the blood that makes for health and cause disease, any interference—no matter how produced—with the circulation of the Blood promotes Disease, restoring the circulation by **The Vacuum—Natureopathic—(the nerves) Treatment,** heat, hot water or air, massage, etc., that restores the Circulation of the Blood, to the Diseased part, removes the cause, eliminates the abnormal condition and reinstates Health.

The Potency of **The Vacuum—Natureopathic—(the nerves) Treatment** as a Remedial Agent, is so great, that the Cures of the most serious maladies that afflict mankind which, will, result from its proper application; are near miraculous, surprising and highly gratifying to both physician and patient. Among those, in which it stands alone as able to heal, cope with and remove the conditions that caused them and reinstate Health, are Locomotor-Ataxia, Paralysis-Agitans, Progressive Muscular Atrophy, Asthma, Cancers, Diabetes, Brights Disease, Heart Disease, Epilepsy, Nervous Exhaustion, all forms of Neuritis, Rheumatism, Neuralgia, Infantile Paralysis and its after effects, Tuberculosis of the bones, joints, spine, tissues and even pulmonary tuberculosis, if not too far advanced.

As an aid in the treatment of the above maladies, I have, given Epsom Salts freely to aid nature in cleansing the

system of toxins, waste matter products, etc., and where they could be obtained, made use of Turkish Baths, and Massage.

Turkish Baths to cleanse and open the pores of the skin, influence the Blood to the surface of the body, followed by rubbing—while the system is relaxed by the Baths—usually given by the attendant, as a finish to the bath.

Massage, in cases of Locomotor-Ataxia, Paralysis, Progressive Muscular Atrophy, etc., as a means of exercising the muscles and stimulating the circulation, without taxing the strength of the patient or exhausting their nerves. It is exercise without effort and exhaustion.

Epsom Salts, given in doses of one ounce—more or less, as the emergency of the case demands, as an alterative, and to speed up the organs of elimination. They should be dissolved in a glass of hot water and taken after each treatment on an empty stomach and one hour before meals. Should they nauseate, mix the juice of a half a lemon with them, or employ Saline Laxative (Abbotts) in their place.

The various forms of acute Paralysis, Pneumonia, and other less serious acute ailments, for which, so far, no other remedy has been discovered, yield readily to its potency in restoring the circulation of the blood, etc., to and within the diseased area.

In making the above statement I am fully aware of its importance to suffering mankind and have to say that in my more than 55 years, as a practicing physician and specialist, the most of that time caring for and treating patients suffering with an acute or chronic form of one or more of the above mentioned maladies, in which, for more than 50 years the **Vacuum—Natureopathic—(the nerves) Treatment** was the principle and more often the only method employed, reinstated Health (when the patient has done their part) has invariably been the result.

Invalids must comprehend the truth of the following statement—Disease other than those caused by violence—are the direct result of violating nature's immutable and unchanging laws, of Health, and in order to regain their Health, they must drop their bad habits, live clean, on wholesome lines and obey nature's laws, without doing so, the best efforts of their physician will be negative.

Complete details furnished by
Prof H. N. D. Parker, M. D., N. D., D. C.

Frank L. Ankers, N. D., D. C.
Washington, D. C.

PREFACE

THIS text-book is given to the public as the product of the ripened thought, extended experimentation and painstaking proving by the author, who has expended fifteen years of the best and most active period of his life and many thousands of dollars in investigations and testings, in order to fit himself to prepare a treatise worthy of the subjects presented, and which he confidently believes will commend itself to the approval of all intelligent and un-biased people.

Not all chronic diseases are here discussed. But the general principles of their treatment are presented. While typhoid fever is an acute disease, it is one so generally prevalent that the author deemed it a duty to present in this book his discovery, that is a specific in the treatment of that disease, breaking it up immediately if taken in its incipency and curing in from four to seven days where the disease is in its advanced stages.

It is with a profound confidence that the teachings of this book will be found inestimable to many thousands of people that it is sent forth

upon its mission of service to humanity. The author trusts that the medical profession in general may see fit to adopt the methods of treating chronic diseases herein taught. The author wishes to emphasize that all of the treatments must be very thorough, as half-way treatments will be ineffective.

This book is written for all classes of people; for the laymen as well as for the professionals. As the methods of the treatments are somewhat complex, they may be found difficult to learn without the aid of a competent instructor. Arrangements may be made with the author for teaching those desiring to learn his methods.

BALTIMORE, MARYLAND
June 22, 1914

SCIENTIFIC TREATMENT
OF
CHRONIC DISEASES

CHAPTER I

RHEUMATISM

SECTION I. *Chronic and Sub-Acute*

This form of rheumatism, as well as all other forms of the disease, is due absolutely to auto-intoxication, arthritis deformans, chronic and acute. The causes are all one and the same, and the methods given will cure every case in which the bone is not involved.

The affection is one of the most frequent of the diseases which afflict the human race. It attacks all classes of people, both old and young, manifesting itself mostly in joints, ankles or hands, quite often in the shoulder joint and in the cervical regions. Rheumatism is one of the most painful and distressing of all diseases. However, when properly treated, it is one of the most easily cured. It positively will not yield to drugs. It

is due to an excess of auto-intoxication; and the logical way to cure it is to eliminate the poison from the system by hot vapor baths, washing out the colon, scientific dieting, exercise, electricity, massage, vacuum treatment and stimulating the emunctories. First, we must do away with the cause. Then the result which follows must likewise be done away with, this being practically our whole plan of treatment.

SECT. II. *Symptoms*

As a rule, many joints are usually affected. They may be tender to the touch, swollen, but not necessarily reddened; stiffness and severe pain are the chief features of chronic rheumatism. Sometimes only one joint is affected; then again, nearly every joint will be involved, and the general health may not be seriously impaired.

However, when the pain is severe for a long time, the health of the patient will

become seriously involved, and he will become anemic and also suffer more or less from neuralgia and dyspepsia.

SECT. III. *Prognosis*

By proper treatment every case can be cured where the bone is not involved.

Drugs are not only useless in the treatment of rheumatism, but are absolutely harmful, in that they tend to derange the stomach and liver and also have a deleterious effect on the nervous system. The means used for the treatment and successful cure of rheumatism are as follows: First, have the liver perform its functions properly, so that the formation of uric acid and its absorption into the blood will be stopped; this can be done best by having the patient drink eight to ten pints of spring water daily, washing out the colon once a day with spring water, using three pints of water each time, and adding one tablespoonful of Epsom Salts to the water. This is a

powerful means of stimulating the functions of the liver, also acting on the kidneys, flushing them thoroughly, carrying off the poisonous matter from the blood. Massage and vibration over the liver are of much value; applying vacuum cups over the liver relieves congestion and draws the blood away from that organ, bringing about relief. Congestion of the skin is relieved, and a more vigorous action of every internal organ is secured by the use of the Thermal Bath Cabinet; this will eliminate the vicious poisons from the body.

SECT. IV.

Now comes the most important part of the treatment, which is the restoration of the functions of the diseased joints. This can be accomplished in every case, no matter of how long standing, or how much rheumatic deposit there may be, or how much deformity. We have never known any case of rheumatism that

could not be cured by this method of treatment. First, the patient is placed on a table, and two strong assistants (or three, if there are many joints to be treated), begin the treatment, should it be the ankle, by raising the foot about three inches from the table; the ankle is covered with cocoanut oil; then the swollen and tender joints are thoroughly manipulated with a sufficient force to break up and soften the rheumatic deposits. From fifteen to twenty minutes should be spent on each diseased part, using as much force as the patient will permit. Patients are treated twice daily, and as the parts become less sensitive to the manipulations, which they will do in one week or ten days, the severity of the treatment is increased. If the patient is so sensitive that he cannot stand the vigorous treatments, we do not hesitate to anesthetize him, while this part of the treatment is being carried out.

Now the patient is removed to a bath tub where all the diseased parts can be douched at one time, and from ten to fifteen minutes, or until the parts are quite red, with water as hot as the patient can stand, the water being saturated with Epsom Salts. After this, douche the patient's limbs with ice cold water for one minute.

Manipulations

The diseased joints are now to be thoroughly rubbed with oleaginous liniment, using much manipulation.

Baking

Now put the patient's limbs into a dry, hot-air apparatus with a temperature of from 350 to 450 degrees Fahrenheit, keeping them there one hour or longer, as the higher the temperature and the longer the application, the better

the results obtained. There will be no danger of burning the patient if the parts to which the heat gains access are evenly covered with heavy Turkish toweling. The parts should be wrapped with five or six thicknesses of the dry toweling. Should the parts not be well covered, perspiration will collect on the dependent parts, from which steam will form, and these parts may be severely burned. The patient should now be taken to a table and a galvanic current be applied for ten or fifteen minutes, after which the parts should be subjected to a very thorough application of the oleaginous liniment.

In order to appreciate the indications of this therapeutic agent, a short resume of the properties of intense heat will not be amiss. Any part of the body exposed for a few minutes to the action of superheated air soon becomes hyperemic; its capillaries become dilated; a sensation of pleasant analgesia is produced, and

if there was any pain before the application of the heat, it certainly becomes gradually diminished. Adhesions and ankylosis of joints, due to rheumatic exudes, become loose; inflammatory processes subside. That the intense heat has an inhibitory action on pathogenic bacteria is a plausible theory in the light of modern bacteriology, and seems to be verified clinically. These few remarks will show in what diseases or affections dry hot air is indicated.

The following specific treatment should be carefully used:

SECT. V. *Treatment.*

1. *Vacuum Cupping*

The cups are applied all along the spine and also to the affected parts, flushing the veins with new blood and carrying away that which is impoverished and diseased. The vacuum treatment is the most powerful agent in the

treatment of rheumatism. The cups are placed where there are any rheumatic or inflammatory deposits, over all the thickened parts, and are applied with sufficient force to draw blood from the surrounding healthy parts to the diseased parts, dissolving and destroying the inflammatory deposits. The air is removed from the cups by a suction pump. The vacuum treatment is one of the most powerful therapeutic agents known and the one on which we rely most for the cure of rheumatism and its allied diseases. The patient is now removed to a bath tub where all the diseased parts can be thoroughly doused at one time and for ten to fifteen minutes, or until the parts are quite red, with water as hot as the patient can stand, the water being saturated with Epsom Salts. After this the patient's treated parts are to be doused with ice water for one minute, for the toning of the nerves, and to cause a powerful vital reaction.

Never within the history of mankind has there been any curative agent brought to the attention of the medical profession that is of as great importance and value in relieving human suffering and restoring health, as the system of restoring the circulation of the blood and essential fluids of the body to diseased and weakened organs, tissues and nerve centers.

2. *Manipulations*

Twice daily all the treated parts should be thoroughly and scientifically massaged, using freely, in the act of massaging, a liniment after the following formula:

Camphorated Oil ℥ ii
Oil Gaultheria—*a a* two ounces
Tincture Belladonna ℥ i
Olive Oil ℥ i
Tincture Opium ℥ i
Glycerine—*a a* one ounce

Should there be much pain in any of the affected parts, add to the above one ounce of chloroform. Before placing the parts in the baker, to be subjected to the intense heat, they should be very freely massaged with the prescribed liniment.

3. Physicians and sufferers alike are coming to realize the value of the cabinet vapor bath. In all cases of rheumatism, patients should be subjected every two days to the cabinet vapor bath, for from fifteen to thirty minutes, in order to eliminate effete poisonous matter from the body.

SECT. VI. *The Four Emunctories*

The bowels, the skin, the lungs and the kidneys should be stimulated all the time.

1. The bowels. This is done by osteopathic massaging, by small doses of Epsom Salts and by washing out the bowels.

2. The skin. By the vapor bath.

3. The lungs. By pure air and deep breathing.

4. The kidneys. (a) By drinking plenty of pure water; a glass or two at each meal, and ten glasses per day between meals. (b) Flushing the colon with cold water. After the bowels are thoroughly cleansed, add a teaspoonful of common salt to a pint of water and inject it into the bowel, forcing part of it to the fecal valve by methods that will be described in the treatment of appendicitis. This will be absorbed and thoroughly flush the kidneys.

SECT. VII.

1. Cold water introduced into the bowels acts as a tonic, not only locally, but to the whole system. Hot water destroys the tonicity of the bowels and will do permanent damage to them, if continued for any great length of time. If,

when injecting cold water into the bowel, it should produce griping, stop for a few seconds and the pain will disappear. Should this not stop the pain, remove the nozzle and request the patient to expel all the water that has been thrown into the bowel; then the pain will stop at once, and the injection can be proceeded with. Patients who suffer greatly from constipation can best be relieved by using warm soap suds for the first two or three treatments; this will soften the hardened feces and cause it to be expelled quicker and more thoroughly than any other solution will do.

2. Sometimes when treating patients every day, it is a good plan to add to the cold water a teaspoonful or more of common salt; this seems to act as a stimulant to the bowels and kidneys, causing the latter to excrete a copious flow of urine, which is as clear as spring water. Adding a tablespoonful of salt

to three pints of cold water and wash the bowels out two or three times a week is very beneficial in cases where the large bowel is very sluggish. This system of washing out the colon with cold water, produces the most salutary effect on the stomach and bowels by relieving congestion caused by over-eating; also relieves headache almost immediately, when produced by the same cause. It will produce activity of the liver, skin, kidneys and other excretory organs. This system of flushing the bowels with cold water has the most beneficial effect on patients suffering from rheumatism; in fact, we now regard this as one of the most important features in the treatment of chronic rheumatism. It has proven itself to be of very great efficiency in clearing the diseased body of its poisons and in maintaining the highest degree of health and efficiency under all conditions.

SECT. VIII.

It is also necessary that the patient's general health should be built up and his vital resistance fortified, so that the same causes which gave rise to the trouble shall not reproduce it. The blood should be examined and the percentage of richness ascertained, and when found below normal, as in all cases of disease, the patient should be put upon a treatment which will restore the blood to the normal standard of health. The patient should be instructed in a system of deep breathing; this will be described later on. The patient should adopt and follow an anti-toxic dietary, adapted to his condition.

SECT. IX.

Since rheumatism is caused by auto-intoxication, it is obvious that the logical cure would be to correct these conditions. The cause ~~of~~ auto-intoxication is largely due to errors in eating; and

to correct these errors, an anti-toxic dietary is essential. Avoid meats of all kinds, including fowl, oysters, clams and lobsters; also rich pastry, spices, mustards, peppers and other irritating condiments; tea and coffee, pickles, bread, ordinary cheese, cocoa and chocolate, eggs, whiskey and tobacco; the two latter are especially prohibited; also all articles of food known to be unwholesome, indigestible and productive of disease. Do not eat food that contains a large per cent of protein; use as little salt as possible. Hot sauces and spices of all kinds irritate the stomach and damage the liver and kidneys. Use freely of sweet fruits, such as figs and raisins; use sugar sparingly, as large quantities give rise to gastric catarrh and indigestion; it irritates the stomach and injures the liver, also producing dyspepsia. Eat plentifully of oranges, apples and sour fruit juices, which are excellent substitutes for tea or coffee,

chocolate and cocoa. Malted nuts and Horlick's Malted Milk are wholesome and nutritious foods, also Mellin's Food.

The following dietary will be found very wholesome, and we recommend its constant usage by rheumatics.

Rice	Roasted Potatoes
Cream	Leggett's Honey
Prunes	Toasted Cornflakes
Apple Sauce	Yogurt Buttermilk
Buttermilk	Vieno Self-Rising Bran Meal
Corn Muffins	Evaporated Peaches and Apricots

Sour fruits, eaten with starchy foods, check digestion at once. Every three days, eat two meals of fruits, vegetables and sour fruit juices—orange, apple and grape juices.

Tomatoes should be eaten alone, between meals; pared, sliced, with crackers and lemon juice or apple vinegar, as preferred.

Drink one glass of water with each meal, but do not wash food down with it. Drink ten glasses per day between meals.

Train yourself to eat slowly by thoroughly masticating your food.

The persistent and faithful using of this system is all that we have found necessary in curing the most desperate and apparently most hopeless cases of rheumatism; chronic and severe from neglect and long-standing, regardless of locality or the length of time the disease has persisted, save in cases, as has already been said, where the bone is involved.

CHAPTER II

SCIATICA

Sciatica is a general term applying to the inflammation of the nerves and producing ailments commonly known as muscular rheumatism, neuralgia and lumbago. They are nervous affections in character and in nature. They have one common origin. Hence they are all closely related, and terminology, applied in diagnosing, depends largely in which part of the body the disease is located, and as to the particular nerves affected. The subjects will be treated in the following order:

1. *Lumbago.*
2. *Muscular Rheumatism.*
3. *Neuralgia.*

The discussion will in no sense be exhaustive, but merely sufficient to indicate the diagnosis and the treatment of the disease.

SECTION I.

Lumbago is a form of muscular rheumatism; it principally affects and involves the lumbar and associated nerves, reaching and involving the muscles of the lower part of the back—thus side-tracking the energy necessary to enable one to do life's work, because the main channels, along which that energy must flow, have been weakened and clogged, and so have been incapacitated for service as conductors of power. Life is concentrated, intensely active and transcendantly powerful energy; the most powerful force in existence. Since the blood is the life, if the life-bearing current cannot freely flow through its channels, there is bound to be failing strength and waning vitality; and unless deterioration

is arrested, and the functions restored, helplessness and death will be the inevitable issues. Lamé backs are occasioned by an acute interruption of the circulation, caused by one's back having been exposed to a draft; or the nerves have been overtaxed by heavy lifting or by long continued hard work; and there follows congestion of one and usually several nerves, and the blood in part settles in the veins of the affected parts and clogs there, and in some instances, hardens and dries, putting stoutly impeding brakes on the vital mechanism. In consequence that blood is not carried back to the vital organs for renewal; with resultant vital impoverishment.

Causes

1. Wading in water up to the waist, particularly when one is warm, will cause lumbago.

2. Another prolific cause of lumbago, as well as of other nervous and muscular

affections, is auto-intoxication, a resultant of over-eating and non-assimilation. Auto-intoxication means self-poisoning. When the system is overworked the food is not digested or assimilated, and fermentation and putrefaction occur. This fermentation leads to decomposition and disease naturally follows. If the food is not digested and enters into the intestines, it decomposes in there, and the poisons are taken up and carried into the circulation. The liver becomes engorged, the accumulating gas in the stomach has a disturbing effect on that organ, and the pressure on the heart interferes with its working, and finally the whole system seems to be poisoned, and all kinds of diseases are liable. The skin takes on a muddy yellow or brown complexion; headache, sleeplessness, stomach and bowel trouble, lack of appetite, nervousness, coated tongue, foul breath and depression follow.

Symptoms

1. In lumbago, as with neuralgia, there is pain. In this instance the pain is located in the back, especially affecting the muscular tissues of the back and hip. It is especially painful in the region of the hip.

2. This form of rheumatism is most common in men, especially in miners, on account of the dampness and the constrained posture in which they work.

3. This disease is entirely local. In some cases there is slight fever, but usually it is characterized almost entirely by distress. This is a common disease, familiar to people by experience; to have it is to know it.

*SECT. II. Prevention and Treatment**1. Prevention*

(a) A wise self-care. Guard the habits and in no instance be careless. The body

is too sensitive and complicated an organism, and also one that is too useful, to be neglected or mistreated.

(b) Be wise and temperate in eating and drinking, and be temperate in all things.

(c) Be regular and prudent in diet, and avoid exposure and also guard against over-exertion.

(d) Guard against auto-intoxication by following an anti-toxic diet, and build up the vital resistance.

(e) Build up the system by following a nourishing diet only. Some consider nothing too good to take into the life-sustaining organism, and, at the same time, seemingly consider nothing too bad, provided it be palatable to a perverted taste.

(f) Practice regularly the deep breathing of pure air.

(g) Drink an abundance of water that has been tested and found to be absolutely pure, about ten glasses daily.

(h) Exercise moderately in the open air.

(i) Have an abundance of fresh air in the living and sleeping rooms, keeping an even temperature of about sixty-eight degrees.

2. *Treatment and Cure*

(a) The blood should first be tested in all cases.

(b) Begin by restoring the circulation by mechanical means. The method to be pursued is as follows:

(c) Begin with the enforced circulation, using to this end the vacuum process; the vacuum cups and pumps are described in the chapter on rheumatism. This vacuum treatment is the most

powerful therapeutic agent known to modern science for the cure of this disease. By it many hundreds of cases have been successfully treated.

(*d*) Douche the treated parts with water for ten or fifteen minutes, beginning with luke-warm and increasing gradually to as hot as the patient can stand, or until the parts are fiery red. Then change to cold water and douche the parts for one minute; dry and rub the parts thoroughly with a towel.

(*e*) Remove the patient to a suitable table, oil the parts thoroughly with cocoanut oil, and vigorously manipulate them with the hands for about fifteen minutes. Then rub the treated parts with a dry napkin.

(*f*) Next subject the patient to a cabinet vapor bath for from twenty to thirty minutes. This treatment will cure any case of lumbago in from five to ten days, in the case of young or middle-aged, if

persisted in; it will require a longer time to cure the aged. We have cured many hundreds of cases where the patient had been totally disabled, unable to do any work for years; and they were completely and permanently cured in seven days. This method of treatment has not failed in a single case. The author is sure that this treatment will cure muscular rheumatism in any part of the body.

There are other forms of muscular rheumatism, intimately related to, yet clearly definable from lumbago, persistent, painful, chronic in character. These have their origin largely through an excess of uric acid in the system and as a secondary resultant of auto-intoxication. Much uric acid is taken into the body through eating meat. Beef tea, so often prescribed for the sick, also coffee, tea and chocolate are highly charged with uric acid, a much larger percentage than the system can throw off. These percentages will be given in the chapter on

keeping well. In order to effect a cure, these poisons must be eliminated from the body. This is done by the processes and methods just given for treating lumbago, with this addition, viz.: place the affected parts in a baker and subject them to a temperature of from 250 to 350 degrees Fahrenheit, for one hour; being very careful to protect those parts in the way indicated in the chapter on rheumatism.

Sciatic Rheumatism

1. This is an affection of the sciatic nerve, which becomes inflamed frequently as a result of exposure to cold, after lifting or as a result of getting wet. It is most common in adult males and is very painful. It may be cured in a short time by using the treatment for lumbago.

Neuralgia

1. Neuralgia of the nerves and the pain it produces is the crying out of a

starving nerve for nutrition; that is, for pure, rich blood.

2. Sciatic neuralgia is an inflammation of the sciatic nerve and of one or more of its branches. Hence it may appear in any part of the body reached by one of these branches.

3. The pain is not constant, but transitory in habits, moving from place to place, appearing at one time in the hip, another in the knee, another in the heel, and following one of the branches may suddenly move to another part of the body. The pain is simply excruciating and atrocious in the suffering it causes.

It is the wailing agony of tortured nerves, impoverished and doubly sensitized by poor blood; hence they are starving.

4. The cause is easily apprehended and is known as anemia. This, in turn, is occasioned by an improper and insufficient diet and by auto-intoxication; in a

word, by wrong living. In many instances the use of coffee and the liberal patronage of the tea urn, and the using of tobacco and intoxicants, including beer and wine, both of which are gout producing, all of them destructive of vitality, have much to do with making persons anemic and causing them to have neuralgia.

5. To effect a cure, the evils must be counter-balanced and eradicated. The toxic poisons must be eliminated and a dietary, supplying an abundance of rich blood, must be followed.

Eliminate the poisons by a sweating process, and thoroughly cleansing the bowels, using the method prescribed for curing appendicitis. For creating new, rich blood, follow the dietary given at the close of this chapter. The further treatment is the same as given for lumbago. Strictly followed, this treatment will cure any case of sciatic neuralgia in the

young or middle-aged, and probably in elderly people.

Rice	Turnips	Spaghetti
Peas	Spinach	Asparagus
Beans	Peaches	Egg Yolks
Honey	Oranges	Fresh Fish
Cream	Apples	Corn Muffins
Prunes	Weatal	Cream of Wheat
Carrots	Celery	Baked Apples

Roasted Potatoes
Creamery Butter
Sour Fruit Juices
Horlick's Malted Milk
Custards of all kinds
Evaporated Peaches and Apricots
Peanuts (which contain all elements of meat)
Milk, sweet or buttermilk (Drink only on empty stomach)

CHAPTER III

PARALYSIS

SECTION I. *Defined*

Like a very large majority of diseases, paralysis is a nerve affection. The name is taken bodily from the Greek paralusis, paraluein; meaning to loosen, to disable at the side. Hence, there is a loss of control; a loss of voluntary motion; and it may be present in any part of the body. There may be sensation or entire insensibility to feeling. There is, however, a consciousness of increasing numbness in the affected parts, and naturally a loss of power and of efficiency, and an appreciable manifestation of an atrophied state in the affected parts, which, unarrested, will terminate in deadness.

SECT. II. *Manifestations*

Paralysis principally manifests itself in six forms, depending upon the part of the gray matter of the brain that is affected; small spaces in it being the centers of groups of nerves. In many instances the brain itself is not diseased, but a group of nerves is weakened or shocked.

(a) A loss of sensation, technically called anesthesia. It is a numbness, a deadening of feeling, as though occasioned by a blow; by starved and injured nerves; oftentimes by frequent and continued pressure upon the affected parts. This latter is the cause and explanation of what is termed writers' and telegraphers' paralysis; a numbing of the sensory nerves, by the slight but continued pressure caused by the forearm resting on the desk.

(b) A loss of the power to control one's voluntary actions; the nerves being too

weak to control the body. It is an affection of the motor powers, due to a weakening of the motor nerve, by a lack of nutrition, by dissipation, by evil habits, by poison. This marshals against one a host of destroying agents, which must be successfully combated, or personal undoing and certain ruin will be produced. If the bodily powers are vitiated through loss of control, the physical life is practically gone.

(c) A loss of the power of vocalized communication; commonly called a loss of voice, or the power of speech; called technically, aphonia. This manifests itself especially in the larynx. But the seat of the trouble is in the laryngeal nerve, lying near the base of the brain, and in the first and second curves of the cervical vertebra. This is most frequently caused by over-taxing the voice, by speaking in too low a temperature or a damp atmosphere; or exposing the

back to a draft; or sitting in a cool room after speaking in public. This is the real explanation of what is called speakers' sore throat, or persistent hoarseness.

(d) A loss of memory, called amnesia. The dis-association of memories from fixed objects. This has been aptly called "a systematized loss of memory." The loss of memory is sometimes caused by the use of some poisonous drug. Some forms of mercury have been known to cause a temporary loss of memory; and also by using alcoholic drinks. But it is more frequently caused by a general weakening of the nerves through over-taxation, worry and weakness and a loss of rest, and consequently disturbance of the first cervical vertebra.

(e) Hysteria, which is a purely nervous affection, largely a resultant of neurasthenia. It is nevertheless painful and trying, and for all practical purposes dethrones reason and paralyzes the in-

dividual's life. "Many sudden recoveries of persons who have for years been paralyzed are cases of pure hysteria," the base of the trouble is the weakened nerves having a reflex influence upon the imagination. The real cause is, therefore, physical.

(f) Locomotor ataxia is a loss of power in the legs, occasioned by excesses, injury or disease of the lower motor nerves. An unwarranted notion has obtained popularity that this dread disease is an evidence that the afflicted person has lived a dissipated and depraved life. Undoubtedly such a life may and doubtless has caused many cases of locomotor ataxia, but they may just as readily lead to a multitude of other diseases, such as pneumonia, typhoid fever, consumption, etc. It is not to be supposed that the sufferers from this disease "are sinners above all other men." They may be just as righteous as other people and should be the subjects of compassionate con-

sideration rather than of loathing and execration. It is not a primary disease, but is a resultant of injury or rheumatism of the back, ultimately affecting the members that envelope the cords. These may not be the only causes but they are the principal and primary ones.

SECT. III. *The Causes of Paralysis*

1. The primary cause is weakened nerves; and back of them is impoverished blood and a sluggish circulation.

2. These nerves are weakened,

(a) By exposure to cold.

(b) By sitting or standing in drafts.

(c) By injuries that are neglected.

(d) By improper food, lowering the richness of the blood, causing a lack of nutrition.

(e) By poisons in the blood.

(f) By over-eating; thus lowering vitality.

(g) By the use of intoxicants and narcotics.

Paralysis is simply effect following cause. Nearly all of these causes can readily be avoided. The effects of a poorly inherited constitution may be largely overcome by rational living.

SECT. IV. *Characteristics*

1. Lassitude.
2. Indisposition to exert oneself.
3. Weakening bodily powers, having a reflex influence upon the mind, and sometimes upon the entire spirit.
4. Slowing down of the nutritive powers and of the circulation.
5. Indigestion and a consequent loss of assimilative powers.

SECT. V. *Symptoms*

Having given the manifestations and characteristics at some length, but little need be said respecting the symptoms. They can be grouped under three general heads.

1. The first appreciable symptom to the sufferer is a growing, sometimes a creeping sensation of numbness, accompanied by a shrinking and wasting away of the parts; an atrophied condition which, unchecked, will cause one to die daily; losing strength, efficiency and hope, accompanied by a weakening and gradual breaking up of the vital processes. Numbness is a symptom of a starving and dying nerve which no longer can command a supply of blood to sustain and enable it to control the muscles. This is true even of palsy, which probably has its incipency in mal-nutrition. It steadily advances until it has the entire body in its crushing grip, rendering it largely useless and life a burden.

2. A growing or increasing helplessness of the affected parts and consequently of the entire body. Deprived of sufficient nourishment, strength fails, and all of the vital functions are checked, until ultimately they stop. The basis of health, strength and vigor is nourishment. This applies to the entire human being in his threefold nature. Add to this the elimination of the waste accumulation and we have the ideal conditions for the highest success, usefulness and efficiency—the abundant groundwork for a happy and fruitful life. The strong man becomes weak through loss of strength, through a failure to supply new energy and to rebuild the wastes ever in progress in the body. One grows strong by retracing these steps.

3. There is also a ceaseless thickening of the venous blood, which will necessarily react upon the arterial flow, bringing on primary and degenerative sclerosis of the circulatory system and an atrophied

condition of the muscles. With choked veins and arteries, the heart in vain attempts to do its work, and vitality is rapidly lowered. A feeling as of extreme old age is experienced and a conviction that a termination of physical activity and even life itself is impending. The blood, in thickening, is getting in a condition to dry up and settle in the circulatory organs, inducing rheumatic troubles and rendering one readily susceptible to any prevailing disease, with but little vital force with which to combat it. With impoverished blood and a heart exhausting itself, the struggle, with the long used means of aid, is strongly against one.

SECT. VI. *General Observations*

Paralysis, long considered incurable, and from which one may suffer for many years, in many instances entirely helpless, hopeless and longing for death, except in the aged, may be cured by persisting

in the following treatment. Where there is sufficient vigor as a basis upon which to work, complete recovery is practically certain to be effected within a reasonable period of time. But there should not be delay in commencing treatment. The earlier it is begun in the stage of the disease, the speedier will be the recovery.

SECT. VII. *Treatment and Cure*

1. Test the blood. If found below 100 degrees in richness (and it will be; for if the blood is up to normal there will be no disease of any kind), in order that the degree of deficiency may be ascertained.

2. Eliminate the poisonous accumulations from the bowels as directed in the chapter on the treatment of appendicitis. So long as these poisons remain in the body they operate to deteriorate the blood, and in consequence but little can be done towards curing. Personal cleansing must precede all other efforts.

3. Cup the entire spine for the purpose of reviving the nerves and restoring the circulation; also cup over the affected parts. The nerves must be restored to a vigorous condition so as to enable them to restore circulation. In the renewing process there will probably be some pain. In itself, pain is but a symptom, a warning of a suffering and starving nerve crying out for nourishment which impoverished blood and sluggish circulation cannot supply.

4. Thoroughly douche the back, first with warm and then with cold water, as directed in the treatment for neurasthenia.

5. Give very thorough osteopathic treatment to the arms and legs, and massage the entire spinal column. The treatments numbered 3, 4 and 5 may all be given in one treatment, in the order stated.

6. Give the cabinet vapor baths two times each week, to open the pores, restore physical equilibrium and to aid in eliminating the poisons from the body, greatly aiding and hastening recovery.

7. Where its need is indicated, apply galvanic electricity.

8. Where there are swollen joints, use the baker, as directed in the chapter on rheumatism.

9. Use the window tent so as to breathe only pure fresh air while sleeping.

10. Daily see that the bowels are kept free from fecal accumulations.

11. After the spine has been cupped for ten days or two weeks, cup the entire back, to restore shrunken sinews and muscles to their normal state and to tone them.

12. Drink an abundance of pure water, ten glasses every day.

13. Abstain from the use of all intoxicants, including wine and beer. Also abstain from using opiates in any form, including tobacco.

14. Take an abundance of rest.

15. Drive dull care away with congenial companionship and music, if you enjoy it.

16. Be hopeful and cheerful.

17. Do not worry or be over-ambitious. These things seem to have been the primary influences and motives that in the long ago transformed an angel into a devil.

18. Eat only nourishing food that may be readily assimilated. To this end strictly follow the dietary here given. This treatment has cured in every case we have ever treated; some of the patients having been entirely helpless for several years prior to taking the treat-

ment, and some of them well along in years, and when every other known remedy had failed.

Dietary for Paralysis

Rice	Lettuce	Spinach
Peas	Carrots	Asparagus
Mush	Turnips	Cheese
Prunes	Parsnips	Malted Nuts
Celery	Beans	Egg Yolk
Eggs (if eggs disagree, eat yolk only)		Cream (sterilized)
Corn Muffins	Cooked Apples	
Roasted Potatoes	Sour Fruit Juices	
Honey (Leggett's)	Spaghetti	
Creamery Butter (only)	Macaroni	
Horlick's Malted Milk	Custards of all kinds	
Royal Lunch Crackers	Cream of Wheat	
Vieno Self-rising Bran Meal	Oatmeal	
Evaporated Peaches and Apricots		
Peanuts (which contain all elements of meat)		
Milk, sweet or buttermilk (Drink only on empty stomach)		
Egyptian Lentils	Weatal	

Vieno Self-rising Bran Meal has been proven a perfect food. Sour fruits, when eaten with starchy foods, check digestion at once. Every three days, eat one meal of fruits, vegetables and sour fruit juices. Fresh fish should never be eaten with

apple sauce, tomatoes, cranberries, sour fruit or milk.

Tomatoes should be eaten alone, between meals, pared, sliced with crackers, lemon juice or apple vinegar, as preferred.

Drink one glass of water with each meal, but do not wash food down with it. Drink five glasses per day between meals. Take as much exercise as possible. Do not drink ice water.

Train yourself to eat slowly by thoroughly masticating your food.

An exclusive fruit diet for three or four days. Dry, but not hard foods, masticated thoroughly.

Fruit breakfast, a fruit supper and a mixed dinner. Fresh ripe fruits are much better than stewed fruits. Apple or orange juice taken fifteen or twenty minutes before meals. Sometimes orange and lemon juice taken fifteen or twenty minutes before meals. Grape and fresh apple juices are best of all fruit juices for stomach trouble.

CHAPTER IV

LOCOMOTOR ATAXIA

SECTION I. *Defined and Explained*

1. In its incipency locomotor ataxia is an affection of the sensory nerves—called the afferent nerves, and in its early stages is not unlike paralysis, which it really is so long as it affects only the nerves of sensation. At this stage it can readily be arrested and cured.

2. As the disease develops it extends to and involves the motor nerves, the nerves that feed power to joints and sinews and muscles, and control bodily motions; and locomotor ataxia is the result.

3. The sensory and motor nerves are two great systems that dominate the body and in fact, all life—even the vegetable.

4. When all of these nerves are under-nourished or severely shocked, one loses health and energy and ultimately is rendered helpless. Live and vigorous nerves are indispensable to abounding vitality and to a successful and happy life, and usually to the comfort and peace of mind of one's associates.

5. Practically all diseases apparently have their beginning in the nerves which have been starved or otherwise harmed. More strictly speaking, diseases of every kind probably originate in defective nutrition. However, the brain controls the body in all its functions and organs.

6. The brain is the central source, the power house of bodily energy. Power is generated and stored in the brain cells, and by the brain is fed out as needed to all parts of the body. This power seems essentially to be magnetism, of which electricity is but a form or manifestation. It is the force that permeates the physical

universe, including in its sway the minutest particles of matter as well as the far distant circling worlds, linking sunny systems to one another, thereby establishing a most perfect equilibrium and assuring stability. So it is with the human being. This tripartite creation, body, mind, spirit, is a universe in itself, each part linked to every other part by the titanic forces of two realms—the physical and the spiritual—blending and reacting upon one another. What is helpful and conducive to the well-being of one part is beneficial to all and uplifts the complex unity; and what is harmful to one part is injurious to all and handicaps, and in a measure tends to the degeneration of all.

7. The brain is a stupendous, compact dynamo. There are literally hundreds of millions of electric cells within it, industriously at work. Their adjustments are so perfect that under normal conditions there can be no friction, and

there is no conceivable need of cessation and accordingly of a reduction in the generating of energy. The brain has ever in readiness power in abundance for every legitimate demand that can be made from any source upon the life it feeds and controls. Its cells are storing and giving out energy all of the time. The heart beats are in response to the steady throbbings of these cells; so are the associated acts of respiration.

8. The brain feeds out power only to the multitudinous nerves. The nerves are sustained, and so also is the brain in which they all center, by the blood. This blood must needs be rich and sufficient in quantity to be abundantly life sustaining and invigorating. Blood is concentrated energy and is derived solely from food. Nutrition is the basis and source of good blood. If nutrition is defective or insufficient, if the nerves are harmed by starvation, by poisons or by injury, they can only partially

fulfill their functions. Unhampered, these nerves act automatically and ceaselessly, bearing a steady current of dynamic force. Sufficient energy cannot possibly be fed out by a brain using fettered nerves, and is thereby checked in its essential work, and general bodily weakening and inefficiency will be the inevitable sequence. Sensation will be dulled and the motor forces impaired; mental activity will be lessened and the ideals will be lowered and the sense of responsibility will be decreased; and one becomes susceptible to bodily ills; to hysterical conceptions; to troublesome, vagrant imaginings, and to fantastic mental fads and moral idiosyncrasies. In a word one is liable to become abnormal in one's three-fold personality. We are largely in our possibilities what our nerves are. And the nerves are dependent upon the blood and that upon nutrition. It is true that habits largely enter into the determination of the con-

dition of the nerves. The necessity of keeping one's entire complex nervous system in the best possible working condition is obvious. For, in a great measure, the future is pendant upon them. Poor or insufficient nutrition cannot possibly provide the blood to make vigorous nerves and enable the brain to generate abounding, throbbing energy. Enfeebled nerves cannot conduct power from the brain to sustain a good circulation; and a poor circulation cannot build up wasted tissues. As a result the brain is handicapped, the heart is burdened and toils in vain, and there is no occasion for surprise that at times it cries out in the anguished pains of angina pectoris. Because of the reduction of the supply of energy, the liver, the kidneys and the lungs cannot do their work and so clogged and enfeebled become enfeebled and diseased.

The two systems of nerves being so seriously affected, locomotor ataxia follows.

SECT. II. *Causes*

1. In its origin the controlling causes reach back for a term of years. Tabes, or locomotor ataxia, is a manifestation, an inevitable effect following cause or causes that have not been arrested and corrected.

2. The laws of nature, including those which govern our own being, are immutable, powerful, uniform and absolutely certain; and, under normal conditions, are merciful in all of their adjustments and operations. But when we depart from and thereby invert the normal manner and course of life, those eternal, universal and all-powerful laws continue uniform and certain in action, invariably moving on in their even course. But, being out of harmony and adjustment with them, they, in the onward movement being antagonized by ourselves, and as infinite law must reign, by our own actions they are pitted against us, and as a natural sequence we are

overwhelmed and powerless; the responsibility resting not upon law or the law-giver, but upon ourselves for getting out of harmonious relations with beneficent and universal law in its scope and sweep.

3. Disease originates in one getting out of harmonious, helpful, sympathetic relations with the laws of one's own being, and hence with the laws of the universe, and with the intent of the Creator that one should be well, vigorous, comfortable and happy.

4. Locomotor ataxia is not a primary disease, but it is a resultant of violence to the nerves. The usually supposed principal cause of tabes is not a factor to be considered in the treatment of locomotor ataxia. Undoubtedly, in exceptional instances, it may have much to do with inducing that disease and always predisposes to it. It is not, however, to be viewed as a predominant cause. Altogether too much stress has

been placed upon that as a leading cause in the past.

5. A primary and dominant cause is *defective nutrition*. This is a result of over-eating, of insufficient mastication, of constipation, of improper food, and of derangement of the liver. As all strength and the vital fluids for cell renewal and the rebuilding of worn-out tissues is derived from nourishment, care, intelligence and conscience should be exercised in the choice and consumption of food as to kind, quantity and frequency. Most people do violence to practically all of the vital organs and bodily functions by errors in the matter of nutriment, and by so doing pave the way for most serious and possibly fatal results. Over-eating is fraught with more perils than is partial starvation. To consume non-energy producing food is both a burden and shock to the stomach and concomitant organs. Failure to thoroughly masticate food is to invite

dyspepsia and abdominal engorgement, and consequent derangement, and the multitude of ills that speedily follow in their wake. The liver secretes the bile of the stomach and the gastric juices, so essential to digestion, and when overburdened they become congested and so are ineffective in their work.

Taken as a whole, these lay the groundwork for bodily enfeeblement, and so destroy the power of resistance by deteriorating the purity and richness of the blood.

6. *Impoverished Blood*

"The blood is the life." And as life is the most dynamic force known in any realm, if that is impoverished, energy and vigor must steadily wane. The blood should be kept pure and rich and abundant in quantity.

7. Constipation, which generates poisons that are absorbed by the blood corpuscles, and by the circulation are

carried to all parts of the body, not only reducing the richness of the blood, but also is directly communicated to the sensory nerves, numbing their sensitiveness and gradually depriving them of energy. These, in turn, impart the deadening shock from the poison to the correlated motor nerves and locomotor ataxia is the natural product; not at all a mysterious providence, for providence is benignant. In order to have good health and abounding strength, the body must be cleansed from the poison breeding accretions.

8. *Injury*

(a) This injury may be caused by a blow on the back, as when one is struck by a falling or flying object. Frequently it is caused by strain—weakening the nerve fibres; sometimes by heavy lifting; by hard work; by exposing the back to drafts, thus chilling the nerves and impeding circulation. Lamé back is one

of the most common causes of ataxia, and being common it is neglected and accordingly becomes deep-seated.

(b) Intimately associated with the above is rheumatism of the back. These two are closely allied and ultimately affect the membranes that envelop the cords.

(c) Exposure of the back to draft will quickly cause lame back and sometimes rheumatism, by chilling the nerves and checking the circulation. Exposing the back to a draft and heavy lifting are probably the most prolific causes of these two ailments which readily develop into locomotor ataxia.

9. *Over-exertion* is a common cause inducing this dread malady, in conjunction with others given in this connection. Very many people over-tax their strength and their powers of physical endurance by hard work and the daily grind, spurred on by ambition, and as it seems to them, by grim necessity.

10. A very fruitful cause is insufficient rest. It is only during rest that burdened bodily powers will recuperate. Some of them, as the brain, get absolute rest only when one slumbers.

11. *Violence* in one form or another is responsible for a greater number of cases of locomotor ataxia than anything else in the form of (a) excesses in the exertion of strength; (b) in exhausting amusements that tax the physical or mental powers, occasioning great weariness; (c) brawls which excite mind and body and oftentimes lead to serious injuries; (d) over-eating and hence overtaxing the digestive organs; (e) opiates, respecting whose baneful influences too much cannot be said. They deaden sensibility and destroy the will, rendering the effecting a cure practically an impossibility, until the use of opiates is discontinued. (f) Indulging in intoxicating drinks is destructive of nerve force and of vitality. The sulphate of morphia and tobacco

together with intoxicating liquors are responsible for a host of nervous breakdowns, terminating in helplessness and hopelessness, and ultimately in death.

(*g*) Uncleanliness of body, internal and external, together with impurity of heart, thought and life, not only corrupt the entire being, but sap vitality, injuring the nerves, impoverishing the blood and even extending to the brain; and are the advance agents for the complete and hideous wrecking of the threefold personality. The one indulging in such a life must have a very degraded opinion of oneself, to engage in a life of antagonism to the fundamental laws of healthful, normal existence. To ignore self-respect and self-preservation is a complete reversal of the inherent laws of life and constitutes one an abnormal being. (*h*) Masterful, explosive, insane-like anger will in a moment poison the blood, lower vitality and shock the nerves in their branches and centers, extending to the brain.

12. In its entirety, locomotor ataxia is a resultant of an impoverished spine. It becomes impoverished in two ways. (a) By shock, through exposure or blows or poisons. (b) By insufficient nourishment—poor blood, and possibly lacking in quantity as well as quality.

SECT. III. *Indications*

1. A loss of strength in the motors—weakened nerves, causing weakened muscles and aching joints.

2. Difficulty and embarrassment in controlling one's movements, somewhat like the early stages of drunkenness. The efforts to walk are sometimes mistaken even by peace officers for the reelings of a drunken person. Drunkenness is temporary ataxia.

3. Loss of strength. There is rarely a sudden lapsing of strength, but it gradually grows less and less and is really a waning of the life.

4. Ultimately, helplessness in the nervous centers of the affected parts. It may be in any part of the body, in the back, in the joints, in arms or legs. In any case, there is lack of power to co-ordinate muscular action, and so a loss of control of bodily organisms and powers. It manifests itself in seven different forms which have been classified as follows:

(a) *Family* or *hereditary*—a hardening of the “posterior and lateral columns of the spinal cord.”

(b) *Hysterical*—“Affecting the muscles of the leg in hysteria.”

(c) *Locomotor*—“A disease of the posterior columns of the spinal cord,” accompanied by “inco-ordination, disturbances of sensation, etc.”

(d) *Motor*—Inability to unite and control the muscles so as to walk.

(e) *Static*—Lack of power to unite and control the muscles so as to stand.

(f) *Thermal*—Transient variations of the temperature, “due to inco-ordination.”

(g) *Vaso-motor*—“A relaxed state of the blood vessels, due to disease of the vaso-motor center or nerves.”

SECT. IV. *Symptoms*

1. What are commonly known as the lightning-like pains, which are liable to be present in all stages of the disease. It is a struggle for life of a famishing nerve and due to an automatic effort of the brain to revive it by sending it spasmodic flashes of magnetic currents to renew sensation and vigor.

2. There are two stages in locomotor ataxia.

(a) *The pre-ataxic*—For years it will have the characteristics of a slowly-creeping paralysis, gradually closing in and taking the body by siege, through starving the resisting forces.

(b) There is a growing numbness, akin to a freezing sensation, occasioned by a slowing down of the circulation because the unnourished nerves are going to sleep, and accordingly sensation gradually lapses.

3. Naturally, like night following the gentle, deepening shades of evening, the real ataxia state follows the one just stated.

(a) The motor nerves become helpless and in frequent instances one is bed-ridden.

(b) There is a general loss of muscular power, peculiarly manifested in the joints.

(c) This loss of power usually develops slowly and gradually. Life relaxes its hold upon and mastery over the body only under compulsion, through the influence of mighty, antagonistic forces. Life is a concentration of the highest possible energies under a superior direc-

tion, and with a wise self-care can never be overcome. But carelessness, neglect and violence are potential forces of destruction, depriving one of every earthly thing most precious and of highest value. Dreaded locomotor ataxia is largely a sequence of personal transgression against oneself. Such indeed is the omission or violation of any and every law. It is the effect of a manifest cause, following the order of the law of physical being. Of necessity, these laws are invariable in their workings. Heretofore this disease has been regarded as an incurable malady. But remedial agents have been discovered which, if there is sufficient persistency, in a very large percentage of cases effects an entire and a permanent recovery of former health and vigor, and return to the accustomed activities of life.

SECT. V. *Treatment and Cure*

1. *The self-help:*

(a) Resignation, with strong desire to recover.

(b) Abstention from all things that are harmful.

(c) Thinking the well thoughts.

(d) Control of one's own spirit.

(e) Cleanliness, outward and inward.

(f) Be at peace with self and all other beings.

(g) Respond to encouragements given by others.

2. *Applied physical treatment:*

(a) As this disease had its origin in a slowly deadening process, involving all of the nerves of the body, first affecting the sensory and then extending to the motor nerves; and as the brain, through the nerves, controls all of the bodily functions, and as all of the nerves of the body reach the brain through the spinal

cord, which was the first part of the body to become affected, the treatment should begin by mildly cupping the entire spine, to awaken the nerves and restore the circulation. In all cases of locomotor ataxia the spine from the lumbar down is anemic, and to avoid congestion should be cupped lightly and only every other day until the circulation is well restored. Then cup daily, gradually increasing the intensity of the cupping. After about three weeks' treatment, extend the cupping so as to cover the entire surface of the back, the hips and the shoulders. This cupping nourishes the nerves, relieves the veins of the dried, impoverished blood by flushing them with new blood; dilates the shrunken muscles and sinews, filling them with the fresh juices of living flesh, entirely renewing them with vigor and life. The cups should remain on the surface to which they are applied for from five to fifteen minutes, changing the cups from place

to place until the entire surface of the back has been treated. If the back were properly treated by cupping, after injury or an attack of rheumatism, locomotor ataxia could not possibly occur. The neglected lame back of today may be ataxia on the morrow; and yet it may readily be prevented by restoring the circulation and the vigor of the nerves. Neglected, trouble will inevitably follow, and is liable to become chronic before its nature is discovered.

(b) After the cupping is completed, place the patient in the bath tub and freely douche the entire back, first with warm water for five minutes, beginning with lukewarm and gradually increasing the temperature to as high as the patient can endure without distress; then change water to as low a temperature as is available and douche with the cold water for one minute. This tones the nerves and produces an exhilarating effect.

(c) Remove the patient to a suitable table and very carefully manipulate the cupped portions with circular, vertical and transverse movements, having first applied to the back cocoanut oil or oleaginous liniment. This manipulation is essential in restoring circulation and reviving the nerves. At first it should be done gently, so as to guard against congestion. After a few days the manipulations, the same as the cuppings, should be increased in intensity.

(d) Give very thorough osteopathic treatment to all of the joints of the arms and legs.

(e) After two weeks of daily treatments use the leg receiver on both legs to flush the circulatory organs of the legs and feet. This, together with the thorough cupping and manipulation of the hips, will restore the circulation in the feet, and cold feet will then be a thing of the past. This should be done twice a week

until such time as the feet remain warm. Considerable manipulation of the feet, in the way of rubbing and patting, to awaken slumbering nerves which have long been hibernating, is of great importance until the nerves are fully restored.

(f) Cabinet baths should be given every other day to open the pores, to aid in restoring tonicity to the nerves, and very materially help to eliminate the poisons from the body. This is of great importance and should not be neglected.

(g) Apply very thoroughly galvanic electricity, or use an electric vibrator to tone the nerves, impart newness of life and help purify the blood magnetically.

(h) Practice deep breathing in the open air. Before each meal and before retiring at night take twenty-five long, deep inhalations—making one hundred of them each day—out of doors or by an open window or door.

(i) Sleep in the open. One can do this without going out of the house, by using what is known as the window tent, in no sense discommoding one or deranging one's bedroom or exposing one to inclement weather. This is of much importance.

(j) Drink an abundance of pure water, ten glasses each day. This is of great value to the blood to help to keep it in condition to circulate through arteries and veins without clogging and also to nourish the nerves.

(k) In connection with all of these treatments, keep the abdomen cleansed of all toxic poisons by washing out the entire colon in the manner directed for treating appendicitis.

(l) Find congenial company. The cheering of the heart has a most helpful tonic effect upon the entire body.

(m) Have music and amusements of a character to keep the patient's mind

pleasantly engaged and away from himself. The narrow, selfish view is always harmful.

(*n*) Take moderate exercise in the open air, such as driving.

(*o*) Sleep at least ten hours out of every twenty-four.

(*p*) Be moderate and temperate in all things.

(*q*) When found advisable, give hydro-electric baths.

(*r*) Encourage the patient to be optimistic at all times.

(*s*) Give cold sponge baths daily. This will give tone to the nerves when accompanied by rubbing.

(*t*) Practice total abstinence from drugs and all other things harmful, and use in moderation even things needful and beneficial. Remember that too much of the right kind of food will seriously harm.

The wrong kind of food in any quantity is detrimental to the health, and accordingly injurious to all of the bodily functions. Scientific nourishment has much to do with the successful treatment and this is especially true with regard to diseases which have become chronic in character.

SECT. VI. *Lateral Curvature of the Spine*

1. Lateral curvature is readily discoverable by a mere visual examination. It is usually present in all cases of locomotor ataxia and is found in all cases of neurasthenia, and in all broken down and weak people; all those who are anemic. It is not due to caries (disintegration of the bone). Generally it is due to a weakening of the muscles and nerves on one side or the other of the spinal cord, occasioned by a famished nerve, leading one unconsciously to spare the weakened side, and accordingly one bends sideways and becomes crooked.

2. The causes are the same as the ones producing neurasthenia.

3. The indications of its approach and of its presence:

(a) There is always a considerable degree of sensitiveness to the touch.

(b) There is a constant, irritable and sickening sensation along the entire length of the spine, when touched, the most sensitive being between the shoulder blades.

(c) There is slight pain and tenderness extending all along the spine.

(d) The skin along the whole length of the spine is in an excessively sensitive condition, occasioning distress when touched by anything, even the clothing.

(e) The patient is restless and irritable at night, being unable to sleep more than an hour or so without a period of wakefulness.

4. The treatment for lateral curvature is the same as that given for locomotor ataxia, with this addition: Cup the patient's side opposite the curvature, daily; when the spine becomes straight, cup both sides. Continue this treatment daily until the spine becomes entirely fixed or established in its proper position.

The following dietary should be faithfully used.

Dietary for Locomotor Ataxia

Rice	Lettuce	Spinach
Peas	Carrots	Asparagus
Mush	Turnips	Cheese
Prunes	Parsnips	Malted Nuts
Celery	Beans	Egg Yolk
Eggs (if eggs disagree, eat yolk only)	Cream (sterilized)	
Corn Muffins	Cooked Apples	
Roasted Potatoes	Sour Fruit Juices	
Honey (Leggett's)	Spaghetti	
Creamery Butter (only)	Macaroni	
Horlick's Malted Milk	Custards of all kinds	
Royal Lunch Crackers	Cream of Wheat	
Vieno Self-rising Bran Meal	Oatmeal	
Evaporated Peaches and Apricots		
Peanuts (which contain all elements of meat)		
Milk, sweet or buttermilk (Drink only on empty stomach)		
Egyptian Lentils	Weatal	

Vieno Self-rising Bran Meal has been proven a perfect food. Sour fruits, when eaten with starchy foods, check digestion at once. Every three days eat one meal of fruits, vegetables and sour fruit juices. Fresh fish should never be eaten with apple sauce, tomatoes, cranberries, sour fruit or milk.

Tomatoes should be eaten alone, between meals, pared, sliced with crackers, lemon juice or apple vinegar, as preferred.

Drink one glass of water with each meal, but do not wash food down with it. Drink five glasses per day, between meals. Take as much exercise as possible. Do not drink ice water.

Train yourself to eat slowly by thoroughly masticating your food.

An exclusive fruit diet for three or four days. Dry, but not hard foods, masticated thoroughly.

Fruit breakfast, a fruit supper and a mixed dinner. Fresh ripe fruits are much

better than stewed fruits. Apple or orange juice taken fifteen or twenty minutes before meals. Sometimes orange and lemon juice taken fifteen or twenty minutes before meals. Grape and fresh apple juices are best of all fruit juices for stomach trouble.

Prognosis

Every case of incipient locomotor ataxia can be cured with this method of treatment, and the older cases can be much helped and a large percentage cured, provided the patient has not been addicted to the use of narcotics and especially morphine; for whiskey, morphine and tobacco are the enemies of mankind.

CHAPTER V

NEURASTHENIA

SECTION I. *Defined*

Neurasthenia is a general nervous exhaustion. It is the primary cause of human inefficiency and incompetency, both physical and mental, leading to much discontent and dissonance in daily life, as a resultant of the impairment of the nerves of the entire body by overtaxing them and depriving them of needed vital sustenance, causing weakening and exhaustion. Neurasthenia is largely the cause of poverty and distress. This deprives one of the necessary power to meet the responsibilities of life. This disease is not restricted to any one class of society, but is found in all the walks and vocations of life.

SECT. II.

It is declared that the majority of people are not more than fifty per cent efficient; a waste of one-half to humanity and to coming generations. The doctrine of the conservation of vital energy needs to be promulgated even more than that of our physical resources. People in general have not the capacity of attainment which should be theirs. They are shorn of much of their birthright by the ebbing away of the forces essential to accomplishment; to the fulfilling of the mandate of duty and the ability to enjoy life. There is no sadder sight than that of waning powers; of a Sampson shorn of his locks; of a Goliath losing his head; the storage batteries of potential energy exhausted; the fountain of energy, the treasure house of greatest wealth, unlocked and its contents plundered. This slowing down of the vital currents, steadily reducing efficiency and gradually bringing on a general break-down, is

characterized by certain definite, appreciable indications and characteristics. We give a few of the more prominent ones.

SECT. III. *Characteristics*

1. A feeling of languor, manifesting itself in a loss of interest in the usual affairs of life; a dread of responsibility; a strong hesitancy to put forth effort to do anything beyond the most imperative duties. Associated with this is a feeling of decline of physical powers, akin to that accompanied by the approach of old age.

2. There is a decreasing confidence in self-reliance, in one's ability to do things, and of a resourcefulness to encompass awaiting responsibilities. There is a growing tendency to depend upon others, to lean on a stronger arm.

To people in this reduced state little things appear momentous; a morbid, suspicious imagination is atrociously ac-

tive and the fountain of tears is easily tapped, and there follows copious weeping, which comes unbidden and cannot be held in check.

3. The afflicted one is easily discouraged and readily loses heart and hope. There is a growing feeling of being unequal to meet life's demands and a fanciful proneness to be self-pitying; and every prospect seems gloomy and forbidding.

4. There develops a loss of enthusiasm for life and its work; a desire to lay it all down as a burden; death would be welcomed and in many cases there is an outspoken longing for oblivion.

5. A one-time zest for doing things vanishes and is supplanted by supineness. Enthusiasm breeds confidence and courage; and these have a definite, beneficial and reflex influence upon the entire being, toning it for the effective putting forth of energy, to the accomplishing of

worthy results. The discouraged army is unlikely to win a battle. The successful man is the one who is optimistic, having confidence, as a self-active spirit, in his own powers and in the harmony and helpfulness of the laws which control his own being and by which he finds himself surrounded, uniquely working in and through him; all kindly co-ordinated and directed by one all-masterful mind, superior to all laws and circumstances and other beings. This leads one to look upon the sunny side of life; gathering cheer and hopefulness and beauty and constantly accumulating power and attaining success.

The nerves determine and control the vital forces; and they evolve and distribute the life current which must dominate the being and give character and direction to one's future, permanently affecting the individual; making of him a success or a failure. Practically all of these may be under the control of one's will.

6. There is a gradual fading of interest in life. When bodily energy is depleted more rapidly than it is created; when failing powers are not entirely renewed and vitality wanes; when one's interest in affairs, in the well-being of others, in the rightness of the nation, in its domestic interests and its foreign relations; with no sense of responsibility for humanity and no interest in life itself, one is prone to declare that there is nothing worthy for which to live, and to view existence as a mockery. That is a state of being most monstrous, to be greatly deplored and to be forestalled in every possible way. The fact is there is beauty all around us and something visibly good in every face; but there must be sunshine in the heart and life in order to see them.

7. There is a consciousness of a lack of initiative and of a loss of power; of increasing limitations and inefficiency, and with it all a growing dread of at-

tempting anything which has come to be looked upon as life's burdens, as an impossible task; and with it an increasing desire to depend more and more upon others. In a word, the manly sense of self-reliance is gone. It seeped away with the advance of inertia; a product of impoverished blood and of weakened nerves.

We are stored with the most concentrated dynamic forces in all of this world and of the known universe. So long as we have these forces in our possession and at our command, we confidently face any awaiting duty. But when, through impoverished blood and weakened nerves, this marvelous bodily organism is deprived of its potential force, all tasks seem momentous and herculean. When Napoleon Bonaparte was commissioned to put down the French Revolution, he declared he could and would put it down. In a short time he did put it down and in his own char-

acteristic way. When he faced the combined military forces of Europe, he feared them not. But when his vital forces partially failed, he was readily beaten at Waterloo and was pliant in the hands of his captors.

8. There is a gradual lessening of one's powers and a loss of one's control. In other words, a loss of the supremacy of the will over the life, largely through neurotic affections and weakening of the moral fiber. And the two have a serious, reflex influence upon the ideals, the moral sense and the determination.

9. There is a growing dread of meeting the responsibilities of life and a desire to go into retirement; to withdraw from responsibilities and activities; feeling much as did the poet Cooper, when he exclaimed: "O, for a lodge in some vast wilderness!"

SECT. IV. *Causes*

Probably the two most prolific causes of neurasthenia are heredity and excesses.

1. Some have been bequeathed an evil inheritance in the form of vitiated ancestral powers, handed down from generation to generation, through the channels of life. Many are handicapped because of no fault of their own.

A good inheritance of vigorous vital powers is a rich legacy; the most valuable treasure and permanent possession that can be handed on by the passing generations for the perpetual enrichment and improvement of those who are their natural heirs. "A good name is rather to be chosen than great riches," but in very many instances, by evil habits and wrong living, the nerve forces have been so excessively drawn upon in earlier years that there is no rich, abounding, vital force to impart to succeeding generations, who should be able to rise up and bless the memory of their forebears, but might rather strive to forget them, because, by the selfishness of ancestors, they have been defrauded of their natural

inheritance, viz., physical vigor and an untarnished name.

2. Early excesses sap the fountain of life. They exhaust the reserves of vitality with which every normal human being is richly endowed pre-natally, and exhaust the stores of vital reserves in advance of the proximity of old age—designed to be the most comfortable and the happiest, the most restful and peaceful portion of life, as painless and care-free as were the childhood years—the period of the effulgent and glowsome light of life's evening time, a few years in advance of the setting sun and the dawning of the eternal day, when one beholds the reflected glory from the great beyond. If the vital reserves are reduced by excesses and over-exertion in earlier years and in middle age, they will be largely exhausted before the age when the prime of life should barely be reached, and general neurasthenia will be the result.

3. A very fruitful cause of neurasthenia is dissipation, of the thoughtless and prankish sort; such as late hours, improper food and over-eating, and unnecessarily overtaxing the strength and the powers of endurance. With this is the freakish kind of dissipation; indulging in excesses of a manifold kind, such as using opiates and sedatives like tobacco smoking, using morphia, cocaine and other vicious narcotics, poisonous to the blood and solacing and deadening to the nerves, and so attacking the vital centers, weaken life itself and make the user more susceptible to attack of any kind of disease. Soporifics are not health tonics in any sense.

Then stimulants, such as coffee, tea and fermented and alcoholic drinks are excitatory to all of the nerves of the body, overtaxing and gradually weakening them and unfitting them for their work.

None begin a life of dissipation with the intent to harm themselves, let the

inciting cause be what it may. But self-destruction is the natural issue of a dissipated life which is far-reaching in its varied ramifications. All stimulants, as foods or drinks, or in the form of smoking and chewing tobacco, are seriously detrimental and point to one and the same definite goal—impairment and deterioration of the nerves. Stimulants as well as sedatives disturb and weaken the source of supply and distribution of bodily energy. When these nerves are incapacitated for their functions, the sufferer's motive forces are short-circuited and he becomes anemic.

4. A very fruitful and pernicious cause of neurasthenia is over-strenuousness. The strenuous life is a slogan that has been carried to an extreme of peril in recent years. We live at a too rapid pace. It is hurry, hurry about everything. Constant strenuousness is as great an extreme in one direction as laziness is in the other. They are antipodal. There

is a zone of happy medium in which our lives should move peacefully and fruitfully along. When we speed so much the tension becomes so taut that something must break. We do not rest enough. Even the great locomotives which carry the very fast trains are driven at top speed for a period of less than four hours at a time. They are then placed in the roundhouse, carefully overhauled and given every possible care, and have absolute rest for several hours before they are called into service again. They are active usually for not more than seven hours each day. Ambitious man, by over-exertion, unthinkingly drives himself to physical ruin, and in very many instances to moral undoing. Our daily lives should be tempered with moderation. The too strenuous life is liable to be self-destructive. This applies to pleasure seeking as well as to overwork.

5. An unrestrained temper, leading to explosive manifestations of anger, in a

word, to a loss of self-control, effects certain chemical changes in the blood, producing a deadly poison, dreadfully excitatory to the nerves, injuring the brain and hastening a nervous breakdown, and has been known to terminate in death within a few hours. It prepares the way for maniacal violence to oneself or to others. There may possibly be some satisfaction in a savage and vicious expression of one's feelings, but the peril to one's self and the possible harm to others are too great for one to venture to indulge in such questionable self-gratification. Doubtless that very habit has much to do with there being so many partially insane people at large today. The loss to the indulging individual in comfort and standing and personal power is simply astounding.

6. Another cause is excessive strain, physical, mental or emotional, weakening the nerves and sapping the fountain of life.

7. Another prolific cause already referred to, but is restated to make it emphatic, is the use of stimulants and opiates. The one unduly excites and overworks the nerves; the other, at least temporarily, deadens the nerve fibers. Both used by one person "burns the candle at both ends."

8. Some of the psychical causes of neurasthenia are: emotions that depress, such as fear, anxiety, anger, worry, sorrow and moral shock. In very many cases, if these are long persisted in, they permanently affect temperament, disposition and character, completely inverting the course of nature and ruining the life, bringing minor motives into ascendancy and causing the individual to degenerate in every way. Peace, joy, gladness and cheerfulness engender health and efficiency. The happy, optimistic, confident view of life and its surroundings is a life-giving and positive

force. The opposites, such as pain, anger, cheerlessness and suspicion, are vicious, destructive negations, poisoning everything their baneful exhalations touch. Their reactions upon the body are pestilential and crushing, making hideous the manifestation of the life within. The psychic manifestations along the negative, deadly lines indicated are as literally and positively forms of rank, repulsive dissipation as is riotous drunkenness, occasioned by the use of alcoholic drinks. When both body and soul unite in an anarchistic rampage of drunken fury the individual is doomed to be crushed as though he were between the upper and the nether mill stones. The outlook becomes hopeless and repelling, and he sees nothing in advance but a yawning pit of despair, with dethroned will and shattered nerves and broken health; retreat seems forestalled. But all is not necessarily hopeless; a way may be found back.

SECT. V. *Symptoms*

1. Neurasthenia is clearly indicated by certain very definite symptoms. It is a disease of the nerves primarily, and extends to the entire bodily organism. One of the most common symptoms is especially peculiar to the present age, viz.: irritability, attended by a sense of exhaustion. Little things annoy and there is a tendency to be fretful and peevish.

2. An intense emotionalism, with associated excitability, with a reaction of low-spiritedness; the feelings swinging to extremes.

3. Quite generally there is a proneness to magnify insignificant occurrences until specks loom mountain-like and shadows appear like skulking specters of impending evil.

4. Frequently the imagination is perniciously active, bringing forth a large harvest of suspicion and producing a

darkening view of life. It lifts a lid from a conjured den of iniquity and a holocaust of infamy and woe. Suspicion largely dethrones reason and is deadening to the higher and finer sensibilities. A darkening view breeds a moral pestilence which viciously reacts upon the body. Caution should never be confused with suspicion. They are in no sense alike. They are of different genera and never are associated.

5. There is usually a considerable degree of insomnia. The nervous tension will not relax sufficiently for sleep. The brain is active with connected or vagrant thoughts and one acquires the bane of sleeplessness and has good reason for alarm. Sometimes this sleeplessness may be only imaginary. But in any case there is an attendant weariness, exhaustion and dejection; usually an associated element of anxiety and hopelessness, at times bordering upon despair as to one's condition.

6. There is a consciousness of waning constructive faculties and an appreciable loss of the power of concentration. The creative, originative forces become inert, because of weakened nerves; because they are impoverished through insufficient vital food. When unfed, the brain cannot do its work; its batteries are weakened. Six hundred millions of electric cells throb in the gray matter of the brain, designed to feed out tremendous energy. But in order to do vigorous, originative and constructive work, they must continually be fed by a rich vital current, which the blood and the nerves alone can supply.

7. In many cases there is a peculiar sensation in the head as though a tight band were drawn about it, and there are recurring, intermittent headaches. This may be simply an imagined affection. The base of the trouble may be the bowels.

8. In frequent cases there is an exaggerated ego—a highly magnified self-importance—rendering one liable to be easily offended through imaginary slights and a proneness to put an unwarranted construction upon actions and statements, ever on the alert to discover something that may hurt one's feelings. At times even Providence is misjudged and the world, with all of its wonderful mechanism, seems to be out of gear; the sufferer doubting everyone but himself.

9. There are certain definite manifestations, as follows:

(a) At times there is complaint that the stomach is all a-quiver, and feels as though it were all on fire.

(b) Complaint of pains and soreness in the region of the liver.

(c) Complaint of throbbings and palpitations of the heart, with a sensation

as though someone had hold of it and was pulling it.

(d) Frequently there are sensations along the spine.

10. In many instances there are strong indications of hysteria and of hypochondria. Only a few of these symptoms are necessarily present in any single case, at least in the early stages of the disease; but in the more advanced forms, all of them are liable to be present and the case then is a very serious one. Being chronic it will require much time to effect a cure. But unless it has reached the stage of paresis, the case is in no sense hopeless.

SECT. VI. *Effects*

The inevitable effect of unchecked neurasthenia is to deprive the body of its energy and the spirit of essential buoyancy and hopefulness, and gradually to reduce efficiency to the minimum,

rendering one helpless; a burden to one's self and to others.

SECT. VII. *General Statement*

Neurasthenia is really a perilous disease and requires prompt and very thorough treatment, for it affects all of the vital organs, and indeed every part of the body, from the top of the head to the soles of the feet. It involves all of one's powers and life's remnant and is determinative of one's weal or woe. Its presence will explain much of one's propensity to be quarrelsome and in a measure will account for certain individuals being a neighborhood nuisance. Neglected, this disease may terminate in complete and permanent helplessness, or, in what is even worse, in incurable paresis, *i. e.*, insanity. Probably many who are in insane asylums might have been restored to normal health and to the activities and happiness of life by the treatment given herewith.

SECT. VIII. *Prognosis*

Every case we have ever treated by our modern method (and they have been many) has gotten well.

SECT. IX. *Treatment and Cure*

Through an experience of several years we have found the following treatment for neurasthenia to be invariably effective:

1. Begin by thoroughly cupping the entire spine from the base of the brain down to the tip end, using the vacuum cups. In close proximity to the brain, the cupping must be brief, lasting from fifteen to sixty seconds. The briefer cupping is advisable, repeating it in about two minutes. This cupping is done to restore the circulation by removing the clogged, thickening and drying blood from the veins and flushing them with fresh arterial blood, to make active dormant nerves, strengthening vitality and renewing wasted tissues and restor-

ing shrunken sinews and muscles. For these purposes there is nothing else known to modern science that equals the vacuum cupping, when done as directed. It tones and nourishes the entire nervous system by drawing fresh blood to the famished and dying nerves, giving newness of life and vigor.

2. In connection with this cupping, the bowels should be thoroughly washed out not less than three hours after eating, as directed for treating appendicitis, in order to eliminate from them the accumulating poisons created by decomposing substances of food which have descended into the bowels and there decayed. This should be done every alternate day. Begin with lukewarm water and in ten days change to cold water. This has a most exhilarating effect.

3. In immediate connection with the treatments already stated, the patient should be given frequent cabinet vapor baths, so as to open the millions of pores

of the body and sweat out much of the toxic poisons and aid in freeing the body of the excess of uric acid, which is largely responsible for causing much of the rheumatic and neuralgic pains which sorely afflict many people.

4. After cupping the patient's spine, douche the back for five minutes with warm water, gradually increasing the temperature to as hot as the patient can endure. Then change to cold water and douche the spine for one minute.

5. Remove the patient to a table prepared for the purpose and very freely manipulate the back and especially the spine by massaging.

6. Give osteopathic treatment to the entire body, freely, each day.

7. Apply galvanic electricity to help to quicken the nerves and impart vigor.

8. Have the sleeping apartments so arranged that, when resting, the patient breathes only the free, outside air.

9. Practice deep breathing in the open air. Before each meal and before retiring, take twenty-five long, deep inhalations, in all making one hundred of them each day.

10. Drink an abundance of pure water (spring water if obtainable) ten glasses each day.

11. Seek congenial company and drive away the blues. Have music and amusements of a character that will keep the patient's mind away from himself. Self-centeredness is always perilous even in health, and is greatly intensified in illness.

12. Take moderate out-door exercises frequently, by way of enjoyment, such as walking, lawn tennis and horseback riding. Follow this with an abundance of sleep. Sleep ten hours out of every twenty-four.

13. Be moderate, regular and temperate in all habits. The reverse kinds

invite feebleness, ruin and self-destruction.

14. When found to be needed, give the patient hydro-electric baths.

15. Encourage the patient to think pleasing and happy thoughts and to expect a return of health and the reception of every needed good thing. Optimism is health giving.

16. Give cold sponge baths daily. *We wish to restate, by way of emphasis, the inestimable value of the system of enforced blood circulation in the treatment of neurasthenia.*

17. Rigidly abstain from the things that harm and strictly follow the nourishing, scientific dietary given herewith. For the right kind of food in sufficient quantities has vastly more to do with regaining and retaining good health than is generally realized. Scientific feeding has much to do with the treatment of neurasthenia.

SECT. X. *Dietary for Neurasthenic People*

Rice	Lettuce	Spinach
Peas	Carrots	Asparagus
Mush	Turnips	Cheese
Prunes	Parsnips	Malted Nuts
Celery	Beans	Egg Yolk
Eggs (if eggs disagree, eat yolk only)	Cream (sterilized)	
Corn Muffins	Cooked Apples	
Roasted Potatoes	Sour Fruit Juices	
Honey (Leggett's)	Spaghetti	
Creamery Butter (only)	Macaroni	
Horlick's Malted Milk	Custards of all kinds	
Royal Lunch Crackers	Cream of Wheat	
Vieno Self-rising Bran Meal	Oatmeal	
Evaporated Peaches and Apricots		
Peanuts (which contain all elements of meat)		
Milk, sweet or buttermilk (Drink only on empty stomach)		
Egyptian Lentils	Weatal	

Vieno Self-rising Bran Meal has been proven a perfect food. Sour fruits, when eaten with starchy foods, check digestion at once. Every three days eat one meal of fruits, vegetables and sour fruit juices. Fresh fish should never be eaten with apple sauce, tomatoes, cranberries, sour fruit or milk.

Tomatoes should be eaten alone, between meals, pared, sliced with crackers,

lemon juice or apple vinegar, as preferred.

Drink one glass of water with each meal, but do not wash food down with it. Drink five glasses per day, between meals. Take as much exercise as possible. Do not drink ice water.

Train yourself to eat slowly by thoroughly masticating your food.

An exclusive fruit diet for three or four days. Dry, but not hard foods, masticated thoroughly.

Fruit breakfast, a fruit supper and a mixed dinner. Fresh ripe fruits are much better than stewed fruits. Apple or orange juice taken fifteen or twenty minutes before meals. Sometimes orange and lemon juice, taken fifteen or twenty minutes before meals. Grape and fresh apple juices are best of all fruit juices for stomach trouble.

CHAPTER VI

BRIGHT'S DISEASE

SECTION I. *Defined*

1. *An inflammation of the kidneys.*

In the chronic form the inflammation is far advanced, developing denudation and disintegration of the kidneys. It therefore has two stages: the acute and the chronic. It is in no sense a germ disease. It is an insidious and perilous disease, requiring prompt attention in order to arrest its progress and prevent a fatal termination. A neglected cold that has settled in the kidneys may, within a few weeks' time, end in death. With prompt and right treatment it could have been thrown off and no harm could have resulted.

SECT. II. *Causes*

There are a number of inciting causes leading directly to this much-dreaded disease. Some of the principal ones only are given here. It is well to remember that all bodily ills are simply effects of sufficient causes. Were there no cause there could be no effect. Effects follow the operations of natural laws. Causes have their origin in the conduct and actions of responsible beings, supposed to be swayed by intelligence, convictions and purposes. The old idea was that malignant demons were the responsible agents in the production of all diseases. Hence the old fetich of exorcisms and the vagaries of witchcraft. This is not possible, however, in a world and an organism governed by inflexible and effectively administered law. Results flow from efficient causes and the inciting cause must have its seat in the action of a responsible being. That being must either be God or one directly interested,

who has the possible, God-like characteristics of determining and of ordaining and executing his actions. As man is a free moral agent, the responsibility for any ill cannot be thrown back into the face of God. Man chooses for himself and results, in characteristics and effects, flow in harmony with his determinations. It may be health or it may be sickness; it may be happiness or it may be destruction of all hope; it may be life or it may be death. "As a man thinketh so is he."

1. Probably the most fruitful cause is: The overburdening of the kidneys, throwing four times the work upon them they were designed to do, consequently weakening and gradually destroying them; meantime, the whole body vainly protests against outrageous neglect and violent imposition.

(a) There are millions of pores in the body, designed, through perspiration, to

eliminate from it much of its natural waste material. But if these pores become clogged as a result of neglecting to bathe frequently, much of the work they should do is thrown upon the kidneys, overburdening them.

(b) If, in addition, the abdominal tract is bound, as a result of constipation, additional work is thrown upon the kidneys and additional poisonous matter is carried to them, giving them no rest and overwhelming them in their efforts to carry the toxic poisons from the blood.

(c) If there is added to all of this a congested liver, the kidneys are burdened to a greater extent. The body should be bathed and rubbed frequently to cleanse the pores and to stimulate the circulation in the skin. Neglect of this cannot fail to be harmful. The abdomen should be cleansed of its engorgement and kept clean.

2. Thickened blood, because one fails to drink enough water. It should be eight or ten glasses a day.

3. Another cause is exposure to cold and dampness without sufficient protection to the back, weakening the nerves and inducing congestion of the blood vessels, and oftentimes the cold or congestion settles in the kidneys, depriving them, through impairment of the nerves, of the accustomed energy fed out by the brain.

4. Poisons derived from the blood, following certain diseases, such as grippe, scarlet fever, diphtheria, malaria, etc.

5. All of these necessarily are productive of irritation of the kidneys. Irritation induces congestion and that is the beginning of acute inflammation.

The second step is disintegration.

This disease is self-caused—by neglect, occasioned by carelessness or a lack of knowledge. It is not inherited, neither is its presence a singular enigma of Providence frowning upon the children of men. Self, and self alone, is responsi-

ble for this as well as for a multitude of other ills. The eating of foods and using drinks producing an excess of uric acid, tax and deteriorate the kidneys. The use of meats and alcoholic drinks and other stimulants or poisons, resulting from food being permitted to decompose in the abdominal tract, add greatly to the burdens of the kidneys, weakening them and beginning their denudation and disintegration, as they are compelled either to eliminate or absorb those toxic poisons.

It has been observed that Bright's disease, or albuminuria, has been found to follow the use of English mustard, pepper, radishes, black tea, chloride of potassium, mercury, salicylates, chloroform, etc. The highest authorities positively declare that albuminuria frequently is caused by persistent chronic constipation, through re-absorption of toxic poisons which are the base of both typhoid fever and appendicitis. What affects one organ of the body affects all.

SECT. III. *Progress of the Disease*

1. It begins in the acute form, and if one is conscious at all of any derangement of the kidneys, it occasions such slight inconvenience as usually to cause no anxiety. Therein lies its greatest peril.

2. It is usually quite insidious; one being unaware of its presence until it is far advanced and a fatal issue is near at hand. This is especially so with those who have lived an active and prosperous life and at the age of fifty or sixty years retire from active affairs, living off their accumulations, and continuing the habits of past years, using tobacco, coffee, tea, meat, and perhaps some intoxicants, at the same time foregoing all kinds of active exercise. Having money to spend they are prone to take their ease and indulge their tastes and fancies. They drive instead of walking; or they use that popular curse of modern society, the automobile, which naturally is contributory to indolence and to many harm-

ful indulgences. These things all favor the steady, silent advances of this most insidious of diseases, impairing, disintegrating and destroying irreparably as it progresses. With the adoption of quiet, prudent, temperate, abstemious habits there would be immunity, and instead of dying practically a suicide at life's meridian, one might, with sound bodily functions, readily round out the century mark with an abundance of peace and comfort, of happiest hopefulness and richest spiritual fruitfulness. We are endowed with powers which, rightly preserved and cared for, should last at least one hundred years. We do not lack in inherent dynamics. These we have in great abundance. The responsibility rests upon ourselves, in squandering or squelching, in stultifying, in making inert through the action of poisons. This is done, little realizing that in checking and making dormant life's forces, one cultivates deadly diseases and destroys one's self.

3. *Its progress is usually rapid when it reaches the second stage.*

Unless promptly arrested, the disintegration and the accumulations of poisons in the body will hasten a fatal ending; one dying long before one's natural time.

4. The virulency of the disease and its progress are much intensified by the use of both stimulants and sedatives. Beer drinkers rarely live past the prime of life; and wine and other alcoholics, together with tobacco and dark meats are proximately as deleterious. Combined, they constitute a hostile force that is irresistible.

SECT. IV. *Prognosis*

In the first stage the disease can be entirely cured; and in the second stage it can be arrested, and the patient greatly helped by the following treatment:

1. Daily bathe the entire body, opening and keeping open all the pores.

2. In addition to the above, every alternate day take a cabinet vapor bath, so as to eliminate as much as possible the toxic poisons from the body and by so doing relieve the kidneys, which are greatly needing rest; and unless relieved, they will, as a result of their exhaustion and denudation, cease to act.

3. Wash out the entire colon, as directed in treating appendicitis, and so eliminate and stop the development of toxic poisons in the abdominal tract, and at the same time stimulate the activities of the liver and stomach and partially flush the kidneys.

4. Arouse the liver and relieve it of its congestion by osteopathic treatment and by drinking an abundance of sour lemonade.

5. Drink very liberally of pure water so as thoroughly to flush the kidneys and aid in dissolving and carrying off the accumulated substances from their tubes.

6. Eat asparagus quite freely. It is a wonderful diuretic and cleansing agent, greatly aiding the kidneys.

7. Apply friction by various manipulations to the entire body, so as to stimulate the activities of the skin, enabling it to do its work and so relieve the overburdened kidneys.

8. With the vacuum cups treat the entire back as a powerful aid in building vital strength, through increasing the circulation of the blood and in carrying off the accumulated debris from the kidneys.

9. Take moderate exercise.

10. Sleep in the open so as to get an abundance of pure air. In doing this, the window tent will be found a great convenience.

11. Eat sparingly so as to let the vital organs rest as much as possible.

12. Abstain entirely from meat, tea, coffee, tobacco, all narcotics and stimulants. Alcoholic and opium products should not be used in any form or for any purpose. They are active agents in producing disability and death.

13. *Live only a pure, clean and sober life.*

14. Use the following dietary:

Skim Milk Buttermilk Whey Asparagus

15. To keep free from Bright's disease and to build up the health, after being cured, we recommend the following dietary:

Dietary for Bright's Disease

Milk, sweet or buttermilk (Drink only on empty stomach)

Asparagus Rice Malted Nuts

Peas Egyptian Lentils Roasted Potatoes

Vegetable Soup Apple Sauce Prunes

Spaghetti Lettuce Turnips

Evaporated Peaches and Apricots

Corn Muffins

Custards of all kinds

Honey (Francis Leggett's)

Creamery Butter (only)

Horlick's Malted Milk

Vieno Self-rising Bran Meal has been proven a perfect food. Sour fruits, when eaten with starchy foods, check digestion at once. Fresh fish should never be eaten with apple sauce, tomatoes, cranberries, sour fruit or milk. Every three days eat two meals of fruits, vegetables and sour fruit juices.

Tomatoes should be eaten alone, between meals, pared, sliced with crackers, lemon juice, a little salt.

Cottage cheese, egg yolk.

Beverage: hot apple juice and hot grape juice.

CHAPTER VII

TYPHOID FEVER

SECTION I. *Defined*

1. An infection of the small and large bowel. Through the blood the infection may extend to all parts of the body. The seat of the disease is in the lower part of the ileum.

2. This disease, generally speaking, originates in the active and pernicious presence of an animalcula—a microscopic germ called the “*Bacillus Typhosus*.”

SECT. II. *Observations*

1. Typhoid fever ranks fourth among fatal diseases in the United States; cancer ranking first, tuberculosis second and pneumonia third. Its annual toll of deaths in the United States is about forty thousand. Its presence is propor-

tionately greater in the country than in the cities. Its origin can usually be traced to unsanitary conditions being carelessly permitted to exist in contiguity to the homes and their surroundings, leading to a pollution of water and oftentimes to articles of food. The media for producing these dreadful conditions are manifold: Indifference and filth, born of ignorance, being the dominant agents. Contamination of water at its sources, bad drainage, decomposing vegetation and the multifarious presence of that ubiquitous scavenger, the omnivorous house fly, are largely responsible for the development and nurture of this well-nigh universal scourge. It is bred in uncleanness, in poison and death; and is carried by the vilest kind of scavenger, bred in pollution and given free access into many homes, to impart their loathsome, putrid virus to articles of food, and to rest upon the brow and lips of loved ones, thus literally inviting the pollution

of their blood and the termination of their bodily lives as victims to the cruel moloch of inexcusable carelessness and ignorance. Thus the needless slaughter of tortured loved ones; unchecked and uncalled for sorrow annually shrouds thousands of homes in darkest gloom in this fair land of boasted liberty and happiness because of the absence of a sunny face.

2. The earth was never intended as a slaughter house, nor human beings as waiting victims for pestilential visitation. Neither was it designed in the infinite, benignant economy of nature that the human being must ever struggle against adverse conditions in order to eke out a bare existence, and ceaselessly battle against disease, ever in readiness like an alert foe or a wild beast to attack.

3. The curse, causeless, does not come. The bane of anguished sorrow at floodtide flows in channels prepared for it. The

bludgeon swayed by the destroyer has been *placed* in his hands by individual invitation. To stop the slaughter, he must be disarmed and manacled. The grinding, crushing wheels of this Juggernaut, in their cruel, relentless slaughter, are rolling on, year after year, filling the earth with hundreds of thousands of victims who did not live out one-half their days.

4. Infectious and contagious diseases seem to have their origin almost exclusively in filth. That is, in unsanitary conditions and surroundings, and in impure food and drink that have in some way been contaminated.

5. Hundreds of pest-breeding dens exist in every community, in the form of cess pools and outside toilets; neglected pig-styes and the accumulated excreta of animals left unsheathed, that are not daily disinfected and frequently deodorized. Not only is the air befouled by

the reeking stench, but hundreds of millions of bacilli take possession of the offal and revel in it. The pest-laden, malodorous poison is carried by the ever-escaping nitrogen and diffused through the atmosphere, to be inhaled by the people of the entire community and by the unsuspecting stranger passing that way. This probably has much to do with causing the usually prevalent throat trouble in the fall of the year, following a dry summer.

6. In addition to what has just been stated, many varieties of insect life are attracted by the odors and infest the fecal substances, and on wings and legs and cilia carry it, with its loathsome infections, to the abiding places of human beings, distributing it for them to breathe; by fateful touch, imparting it to particles of food; and by bites, injecting it into the blood. Flies and gnats and mosquitoes are most atrociously active along these lines, as their specialties.

7. Water is contaminated by lack of proper drainage and by impurities and decomposing substances with which it comes in contact; and, by being introduced through water into the stomach, the living germs and active poisons are soon transmitted to the other bodily organs and to the blood, infecting the entire body.

8. The blood being impoverished and consequently vitality lowered, one is readily susceptible to any form of prevailing illness, with or without exposure to one who is sick. These attacks are usually induced by prevailing conditions and the vigor of the individual's health. If the blood is kept up to one hundred degrees of richness, one will not contract any form of disease. Lowered vitality paves the way for a host of bodily ills.

9. The typhoid bacillus is an infinitesimal or microscopic germ; a unicellu-

lar form of life; a part of that vast and wonderful realm of the animal kingdom, many millions of fold outnumbering all other forms of physical life. The presence of a unicellular life is the cause of all putrefaction, of all decay in both the animal and vegetable kingdoms. They are beneficent as well as destructive. An especial and essential part of their work is to remove the unfit; to purify through eliminating the perilous. This they do through decomposing and resolving. This process always generates destructive poisons. Occurring in the body, the poisons are imparted to the blood, the vital organs, the muscles and the tissues.

10. The typhoid bacillus seems specially to work upon decomposed and fecal substances lodged in the abdominal tract, productive of impaction. Their work is to remove the obstructions. This they undertake to do through a process of absolute destruction and annihilation.

They may succeed by inducing dysentery as the only visible indication of their presence and work. In other instances, the obstructions may be too great to be thus readily removed, and the imparted poison and infection to the blood causes fever, sometimes rising to 105 degrees F.

11. Were the abdominal tract pure and free of all clogging and contaminating matter, or were it cleansed of all objectionable substances, then by the using of a suitable dietary, in only sufficient quantities, and the frequent cleansing of the colon with pure water, these germs would be harmless; one would be immune to any peril from them. They would find no permanent lodgment in our bodies. There would be nothing for them to do and they would be readily expelled. Their work is to pull down and to destroy the unclean, the vile, the effete.

12. To do this necessary work imposed upon them, they surround the task at all angles and they marshal an endless host, which multiplies at an enormously prolific rate; and they never cease their attack until the obstacle is removed or the patient is dead. Their habitat is filth, and they revel and thrive in it as fish do in water. They thrive and vastly multiply on carrion and fecal matter. Impacted bowels are a vile cess-pool stored with repulsive carrion. No wonder they breed a death-producing disease. There are vagrant theorizings afloat to the effect that no germs are responsible for this disease. Those who have carefully used the microscope know that there are germs present, and oftentimes perniciously active. However, the germ theory as the responsible cause of practically all diseases, has doubtless been carried away beyond the bounds of facts and reason, and into the dim mists of speculation. Assuredly, poisons gen-

erated within the body, or poisons mistakenly or of intent taken, will produce illness, and that sometimes which terminates fatally. A lack of certain kinds of food makes one susceptible to some diseases. Dampness and exposure to drafts and severe strain may induce an attack of lumbago or sciatica.

13. When the bowels are clogged by accumulated fecal matter, these bacilli, having descended to the seat of the engorged impaction, begin their efforts to remove it at the cecal valve, and quite often they succeed. But if engorgement continues, and beef tea and other corrupt so-called nourishment is administered, continually contributing toxic poison and generating fever, and morphine is given, binding the bowels tight, it is not at all an occasion for amazement that the bacilli, antagonized and checked in their beneficent attempts, bore their way through the bowels in order to get away

from such abominations. In my early practice, I, in common with other physicians, followed the above treatment with typhoid patients and have no doubt killed many of them. Those who recovered did so in spite of the treatment. I grew more and more dissatisfied with such remedies and abandoned them, and set myself to the task of finding a remedy and method of treatment that would help, not harm; that would cure, not kill; and when administered could never be detrimental to the patient, but in every way would be contributory to his bodily well-being. I well knew that chemicals are detrimental to living tissues, and antagonistic to the principles of life. Calomel to purge and morphine to bind, of necessity, are destructive of vital resistance. A remedy to be effective must be congenial to life and co-operative with all other active agents in the work of elimination, as essential to a restitution of health and vigor. The blood must be

purified and the diseased organs toned and strengthened with new life by the application of natural remedial agents and in the natural way. Nature provides these restoratives in plentiful supply and readily accessible.

SECT. III. *Prevention*

1. Absolute cleanliness, internal and external, giving especial attention to hands, face, lips and bowels.

2. Using absolutely pure water, and that plentifully, both for drinking and cleansing purposes.

3. Use only sound vegetables and fruits. Apples, pears and peaches should be pared before being eaten. All other fruits should be carefully washed.

4. Beware of all kinds of dissipation.

5. Take an abundance of rest.

6. Breathe only fresh air.

7. Keep the blood up to 100 degrees F.

SECT. IV. *Etiology—Causes of Typhoid Fever*

1. Wrong dietary.

2. Engorgement of stomach and bowels.

3. The presence of the typhoid germ.

SECT. V. *Prognosis*

Every case gets well that is properly treated, provided it is taken in time.

SECT. VI. *Symptoms*

The symptoms are not sufficiently defined for any one to be taken as a certain indication in making a diagnosis. But the following, taken as a whole, will be a safe guide to enable one to arrive at a correct diagnosis.

1. Constant aching in the front part of the head.
2. A loss of appetite.
3. Malay—yawning, stretching, tired feeling and nose bleed.
4. Swelling of the abdomen.
5. Tenderness over the cecal valve and chilly sensations.
6. Gurgling of the bowels, under pressure.

When most or all of these symptoms are present, they strongly indicate the case to be one of typhoid fever.

SECT. VII. *Stamping Out an Epidemic and Protection Against Infection*

1. *Sanitation, alone, will stamp out an epidemic of typhoid.*
2. All drains should immediately be thoroughly cleaned and disinfected, freely

using lime wherever filth has accumulated, so as to destroy all germs. Likewise, use copperas liberally, dissolving two pounds in twelve quarts of water, and pouring it into drains and water closets after they have been cleansed and lime has been applied. This will not only disinfect, but will deodorize. Pig pens, stables and hen roosts should receive a like thorough attention. The latter should be sprayed with carbolic acid solution, and whitewashed. A competent inspector should be sent to every home in the community to direct and see that these things are done. Cellars should be cleansed in a like manner. Immediate attention should be given to the water supply for both human beings and animals, by keeping the sources cleanly and having the water analyzed. A frequent source of infection is through water and milk.

3. To protect against infection, a few very simple things are absolutely neces-

sary when attending the sick or upon going from their presence.

(a) Never drink from a vessel or use in eating a dish or utensil that has been used about the sick or been in the sick room, until it has been well sterilized in boiling water.

(b) Frequently gargle the throat and wash the mouth with lemon juice.

(c) Thoroughly air in the open, clothing worn when in attendance upon the sick.

(d) Thoroughly cleanse the hands, fingers and nails after coming from the sick room, before touching anything that will be put to the mouth.

(e) Carefully cover with quicklime all fecal and urinary substances that pass from the sick one.

(f) Do everything possible to keep your own health vigorous.

(g) Do not needlessly in any way expose yourself to contact with the sick. It may harm you and not benefit the sick one.

(h) Use citrus fruits (oranges, grape fruit, limes and lemons), tart apples and grapes and cherries freely. Abstain from meats, milk and eggs; but use vegetables and fish.

SECT. VIII. *Treatment and Cure*

While typhoid fever is not a chronic disease in any sense, but is strictly an acute one, yet owing to its prevalence in all parts of the world, and there being probably about seven hundred thousand cases of it annually in the United States alone, and about forty thousand deaths occasioned by it, the author having given many years of most careful investigation to the nature, character and treatment of this disease, is prompted by a sense of obligation to humanity, to make public

in this treatise the results of his observations, studies, discoveries and conclusions as to this disease. He was long dissatisfied with the usual conceptions and methods of treatment quite generally practiced in treating typhoid; but in common with other physicians, he knew not what else to do, so he followed the methods prescribed by schools, with the usual results, in a considerable percentage of fatalities. Observations made by him as a specialist in abdominal surgery convinced him of the defects attending his former practice of treating typhoid with calomel and morphine, one loosening and the other binding the bowels; and giving as nourishment beef tea, eggs and milk, the identical foods that best encourage the rapid development of germs.

The following treatment, here for the first time made public, suggested itself to him. After several years of exacting testings, he finds it to be an absolute

specific for typhoid fever, and it is so simple that anyone of average intelligence can readily administer it. It will immediately abort every case to which it is administered in the early stages of the disease, and the older cases can be cured in from four to seven days.

Immediately, when the presence of typhoid fever is suspected, begin the treatment. While the disease is in the septic form it cannot be definitely diagnosed. This can be done with absolute certainty only when the septic poison enters the blood. It is solely a bowel disease, caused by the presence of decomposed animal substances. In this early stage the disease can readily be destroyed in from three to five days, using the following treatment. No drugs should be used, as they are liable to denude the mucous membranes and give the germs an opening to enter the blood.

1. If the patient is strong enough to stand, cleanse the entire colon in the following way (and they are always able to stand in the early stages of the disease): have him stand facing a receptacle containing tepid water, absolutely pure. Use a bulb syringe made for us especially for this purpose.

2. Place the nozzle of the syringe in the rectum and the other end in the water.

3. Place the left hand over the sigmoid flexor. The operator must stand immediately back of the patient, placing his left hand on that of the patient. Do not make pressure. This is done to direct the mind of the patient to dwell on that part of the bowel.

4. Contract the bowel as much as possible and do not slacken the contraction any, in the least.

5. Keep the mind constantly on the descending colon.

6. Compress the bulb of the syringe sufficiently to eject the water into the colon and at the same time fill the bulb again. Continue until fifty syringefuls have been forced into the bowels.

7. Breathe short and rapid, so that the abdominal muscles will not be disturbed enough to check the flow of water from the ascending colon.

8. Continue pumping water into the colon until three pints have been forced into the bowel. If the contraction has been kept up, the water will have been carried around to the cecal valve and blind pouch, and a portion of it will filter through into the ileum. This will consume about two minutes. In three to seven minutes the water will stimulate the peristaltic action of the bowel, causing it to expel its contents, leaving absolutely nothing in the bowel. This has the same effect that a very large dose of salts would have; but the action is

quicker and much more effective, and far less distress is caused, and the patient feels toned up instead of depressed, as is invariably the case when epsom salts are taken. This part of the treatment requires only from ten to fifteen minutes. This has never been known to fail to entirely cleanse the bowels of all substances.

9. When one wishes to hasten the action of water, the hands should be placed close together, then using the tips of the fingers, stroke over the region of the colon, from right to left, beginning just a little below and to the right of the umbilicus, or directly over the ascending colon, making the pressure gently over the ascending colon, using gentle upward strokes until the point is reached where the colon becomes the transverse colon. Then flatten both hands and continue the strokings down and over the sigmoid flexor. Repeat this stroking every two or three minutes in succession; wait for two or three minutes and then repeat

the stroking. This injecting of water should be done twice a day—morning and evening.

10. After the bowels have been completely emptied, inject into them in identically the same way the water was injected, the following, which of necessity must be prepared in advance: water, one-half pint; lemon juice, tart apple and tart grape juice, each two and one-half ounces; and leave it there. This is done to tone the bowels and to destroy all germs that may be present. The fruit juices should be injected but once each day, and that should be immediately after washing out the bowels in the morning. This treatment should be continued until all of the symptoms disappear.

11. Give the patient to drink, every two or three hours, a mixture of equal parts the juice of the grapefruit and lemon juice, diluted one-half with pure water—a wine glass full each time. Give pure

water between times, if called for. Give nothing else internally, not even food of any kind. The first day's treatment will reduce the temperature to about one hundred degrees. After the three days' treatment, the temperature will be down to normal. This treatment should be continued for four or five days, gradually reducing the quantity of juice until the fifth day, and then wash out the bowels with distilled water only once a day.

12. Manipulate gently over region of cecal valve, lower part of ascending colon, blind pouch and the ileum every three or four hours. This helps to restore circulation of the affected organs, and is very essential in treating successfully every case of appendicitis and typhoid fever.

SECT. IX.

1. For the clearly defined and obstinate cases, use four ounces each of lemon, tart

apple and tart grape juice to a half pint of water, injecting it twice each day, using the syringe, after the morning and evening washing out with water. Continue this for from five to seven days, as conditions may indicate to be necessary.

2. The symptoms of the clearly defined cases, where there is septic absorption, are much more clearly manifested as it has reached the obstinate stage.

(a) There is high temperature ranging from 102 to 105 degrees.

(b) There are languor, intense drowsiness and chills.

(c) Lassitude, dullness and weariness.

(d) The bowels may be constipated or there may be diarrhea.

(e) Patients should be absolutely quiet. No visitors should be permitted in the room. The nurse, only, should be with the patient and she should be quiet.

(f) Weak patients will not be able to stand while being treated. Such should lie in bed or on a table with the hips elevated, so as to enable the water to be forced into all parts of the colon; the operator using his hand and, gently stroking, force the water up the descending colon, across the transverse colon and down the ascending colon into the blind pouch.

I worked out the above treatment and perfected it a number of years ago. I have thoroughly tested it in treating several hundred cases of typhoid fever and have never lost a case or failed to effect an entire cure in a single instance. I am so sure of the efficacy of this treatment that I unhesitatingly invite the most searching testings, and confidently face any hostile criticism. The simplicity, safeness and availability of this treatment must certainly commend it to the approval of all. After witnessing many, many heart-rending death-bed scenes,

young mothers taken from their children, beautiful young women snatched by the scourge in the flush of their life's hopes, promising young men called away when all that is most worthy seems within their grasp, fathers dying when loved ones could least spare them, I determined to work out a system of treatment that would cure those smitten with the terrible disease, and so be an humble instrument in saving precious lives. I had tried drugs and to my dismay found them utter failures. They always did harm. The results of my efforts have just been given out to the world, with the hope that doctors and nurses, generally, will approve and adopt this treatment. If they do, I feel assured that there will never be another case of a dreaded typhoid fever.

If treated in its incipency, this disease will never pass its first stages. When properly treated, there will never be any serious complications. The laity gen-

erally have a fair knowledge of the symptoms that indicate the presence of typhoid fever and accordingly physicians are usually called in the earlier stages of this disease than of any other fever. If treated as directed, the disease can be completely broken up the first day and the aggravating cause can be removed in thirty minutes. In the early stage, while the patient is yet strong, he will be able to assist in the treatment. When the patient has been neglected and a physician has not been called until the disease has progressed to the second stage, it will be necessary to have a table in order to do the most effective work in administering the treatment.

SECT. X. *Table for Treating Typhoid Patients*

In treating the clearly defined, advanced forms of typhoid fever, the patient will not be able to stand and aid in the treatment, but it must be administered

entirely by the operator and his assistants. To do this to advantage, it is important that a table be provided such as the following:

1. Length, five and one-half feet.

Width, twenty inches.

Height, two feet.

2. One-half of the top of the table should be attached to the frame, making it stationary. The other half should be attached to the center of the frame by two hinges.

3. A ratchet should be placed at the loose end, so that the patient's hips can be elevated, the patient lying with his head on the stationary end.

4. Have four strong people place their hands under the patient and gently lift him to the table; then elevate the ratchet end of the table.

5. The operator should then inject three pints of pure, tepid water in the way already directed.

6. In five minutes, lower the hips and use the bed pan in the usual way. It will, however, be much more comfortable for the patient to be returned to the bed before using the bed pan.

7. The prepared fruit juices should then be injected in the manner already directed.

SECT. XI. *The Window Tent*

1. *The value of the window tent in treating typhoid fever cannot be too strongly emphasized.*

The patient should breathe outside air all the time, and yet not expose the rest of the body. This can be conveniently arranged by using what is known as the window tent, which is inexpensive and should be in every home.

2. When the air is too cold for comfort, have the patient use the "zerohood and cape."

SECT. XII. *To Relieve Weariness of the Patient*

1. If the patient is restless and bed tired, gently cup the entire back in the way already described.

2. Apply a large Turkish towel, wrung out of water as hot as the patient can endure, along the back for five minutes.

3. Rub the entire back with oleaginous liniment.

4. Two or three times a day rub the patient all over with grain alcohol.

5. It is important to keep the patient's feet warm all of the time. This can be conveniently done by using the electric bed-warmer.

When the disease is gone, the patient should be well but carefully nourished. Care must be used so as to guard against a relapse and to rebuild the patient's lost strength and vigor. To do this, the following dietary is confidently recommended.

Dietary for Typhoid Fever

Apple Sauce	Prunes	Rice
Baked Potatoes	Leggett's Honey	Creamery Butter
Royal Lunch Crackers	Thoroughly Toasted Bread	
Horlick's Malted Milk	Buttermilk	
Lemon and Orange Juices	Fresh, Tart Apple Juice	
	Cream	

CHAPTER VIII

DISEASES OF THE STOMACH AND BOWELS

SECTION I.

1. The stomach is the principal digestive organ. It is capable of great endurance, as has been amply demonstrated by its abuse. It is only because of a lack of considerate care that it becomes deranged at all. It is, however, in most instances, for years subjected to multitudinous abuses. In consequence it becomes weakened, not through original organic defects, but from caused harm by its possessor. It is designed to be the receptacle of food essential to the sustenance of vigorous life and in it the processes of conversion into blood and life food are begun. It was never intended for gluttony, for inebriating substances, or as a receptacle of a conglomeration

that is practically garbage and would better have been appropriately deposited as such, than to have been eaten and become a burden to such a faithful and necessary servant as the stomach. This organ is the base upon which health, vigor, physical comfort and the possibility of achievement are built. There is an element of truth in the homely old couplet, "The happiness of man, the sinner, since Eve ate apples, must depend on dinner." But then the happiness and the benefits depend upon the character, quality and quantity of the food, and upon the assimilative condition of the stomach. To this end one's bodily vigor must be given intelligent and conscientious care.

2. A nervous and run-down state of health will affect the stomach so deleteriously that the processes of digestion are liable to be checked or rendered impossible, and in consequence there will be

fermentation and decomposition, causing increased mucous formation, enfeebling the muscular coats, and catarrh of the stomach is the result. This usually begins in an acute form, gradually developing into a chronic, diseased state. Properly treated and cared for, there would be no disease of the stomach of any character. It would smoothly run on through the course of life without protest, revolt or friction.

3. The principal causes of gastritis are the following:

- (a) Over-eating.
- (b) Irritating food.
- (c) Too great variety of food.
- (d) Eating too rapidly.
- (e) Eating hot foods, such as mustard, etc.
- (f) Using stimulants.

Gastritis is simply a low-grade inflammation of the stomach.

4. Immediately associated with gastritis or catarrh of the stomach, as a natural derivative of it, is dyspepsia—chronic indigestion. There is too great derangement of the stomach for it to fulfill its functions and convert the food into vital sustenance. As a result it lies in the stomach until it ferments; *i. e.*, decays, and accordingly corrupts the stomach and partially vitiates the blood, and a slow process of starvation is inaugurated. This is caused by insufficient nerve force to digest the food.

5. Gastritis and dyspepsia sometimes lead to ulceration of the stomach. It is due to nutritional derangement.

6. Nervous dyspepsia (neurosis of the stomach) is a natural result of excitement, over-taxation, irritability, a lack of self-control, anything that greatly agitates and increases the usual nervous tension.

SECT. II. *Chronic Diseases of the Intestines*

The intestines and stomach are so inter-related that what affects the stomach will naturally affect the intestines, as the undigested substances in the stomach will naturally be transferred to the intestines and derange them also.

We mention but five of the principal intestinal disorders.

1. *Catarrhal Enteritis or Diarrhea*—Largely involving much of the abdominal region.

2. *Intestinal Obstruction*—Occasioned by the slipping of one part of an intestine into another; by pressure, arresting the circulation; by knots and twists; by the contraction of a duct or tube; and by an accumulation of extraneous matter.

3. *Amæbic Dysentery*—Caused by the presence of an animalcula, a living organism.

4. *Constipation*—Due to improper living.

5. *Mucous Colitis*—Inflammation of the colon, caused by a germ or by toxic poisons.

SECT. III.

The leading provocative causes of these diseases of the stomach and of most of those of the intestines are comprehended in six in number, any one or more of which may be responsible for any individual case.

1. The first and probably the most prolific cause is over-eating. The majority of people afflicted with such troubles are much over-fed. They eat more than they can assimilate. The digestive organs are unequal to the demands made upon them, and acute indigestion results, in some instances causing instant death; and in others clogging the stomach and bowels and the entire intestinal tract, throwing work upon the bodily organs for which they were never intended and

which is an outrage upon human nature. Over-eating rapidly wears out all of the vital organs by over-taxing and overwhelming them, causing discomfort and shortening one's days upon the earth. Hunger is satisfied with much less food than is usually consumed, supposedly for that purpose. People generally eat too much, with the result that both stomach and bowels are engorged, generating, through decomposition, toxine poisons and supplying the essential material for typhoid and other germs to work upon and do their deadly work. Here the amoeba find a lodgment and the germ supposed to cause colitis as well as typhoid fever. If more is eaten than can be digested or thrown off, the stomach and the abdominal tract becomes so congested with surplus material that serious trouble will inevitably result to both stomach and bowels because of their physical co-ordinations.

2. *Irritating foods.*

Some foods utterly disagree with one, causing the stomach to manifest revolt in the form of headache, nausea, inflammation, dyspepsia, etc. Such are highly seasoned foods; so also are pork and veal; rye bread and corn bread are slightly so. Buckwheat is very irritating; that will account for buckwheat cakes causing so many pimples and blotches on those who eat them freely. Sugar and strawberries are highly irritating.

3. Too frequent eating—giving the digestive organs practically no rest and overstocking the stomach.

4. Wrong diet—hence defective or malnutrition. The secret of health is nutrition and that is the secret of vigor, of power and of effectiveness. All vital force is derived from and sustained by the blood; and that is produced from food that is assimilated. The quality and quantity of the blood depends upon the food that is consumed. If suitable,

rich, blood-producing food, in only sufficient quantities, is properly eaten, and is assimilated, then there is abundant physical basis for vigorous health and strength.

5. Stimulants and opiates are exceedingly harmful to the digestive processes and to the abdominal equilibrium. Alcohol arrests digestion and opiates bind the bowels, and with undigested food transferred to them they are bound and clogged, and persistent constipation is produced with all of its long train of associated evils. With the bowels in that condition a large volume of poison is generated, and through the blood imparted to all parts of the body, impoverishing the blood, making languid the liver, burdening and weakening the kidneys and dulling the keenness and activities of the brain and greatly lessening one's efficiency. If people would only fully appreciate the dreadful harmfulness of these twin evils, they would surely

learn "to touch not, taste not and handle not" the accursed things, that leave a train of evils, disease and death in their track. The same may be said of tobacco, with equal forcefulness and scientific accuracy. They have no useful mission to serve as a ministrant to the human being. By rendering one largely unconscious and to a considerable extent temporarily irresponsible, they may for a time render one indifferent to pain or sorrow; but it is only blinding one so as not to see the lightning flash. The tumult and the destruction will not be lessened.

6. Cathartics serve a virulent purpose in injuring both stomach and bowels, and their use should be discouraged as they weaken and injure and are merely palliative, and do not cure. Constipation is the incipient cause of practically all of the ills of the stomach and bowels, and this is a result of fermentation and torpidity of the liver, which becomes clogged by an excessive use of sweets. Following

the winter holidays, many are ill of colds and stomach and bowel troubles through excessive eating and a consumption of rich foods which are hard to digest, and eating sweets, which irritate the stomach and burden the liver, producing catarrh, which sometimes develops into ulcer and that in some instances becomes cancer of the stomach. People should be able worthily to celebrate great events without recourse to self-indulgences, making themselves indisposed and sick, and in some instances issuing in death. Constipation or diarrhea follows such indulgences. All eating to excess and the consumption of foods that irritate the stomach or cannot be digested are liable to produce fermentation, through excessive secretion of hydrochloric acid in the stomach, forcing the food to descend too rapidly into the intestines, producing constipation, neutralizing the digestive fluids; producing a number of ills, the most common of which are torpidity of

the liver, constipation, diarrhea, ulcer of the bowels, which may become incurable and is therefore cancer of the bowels. If, to remedy the stomach and bowel disturbances, purgatives are taken, as all purgatives contain poisons, vitality is lowered and resistance is depreciated; the vital organs are shocked and the powers of resistance to disease are greatly lessened, and with loss of strength there is waste of the body—the gradual ebbing away of life—and the settling down upon the spirit of gloom and depression.

SECT. IV. *Treatment and Cure*

These diseases can be cured only by ascertaining and removing the causes.

1. *For indigestion* there should be instant resort to:

(a) *Dieting.* There should be intelligence and wisdom exercised in its selection and moderation in its consumption. People vary in their food requirements.

At different periods of life a different kind of food is needed. All of these troubles are caused by engorgement and defective nutrition. Hence the necessity of a wise choice, balancing of foods and moderation in using them. An occasional fast may also be necessary, in order to give rest to the burdened organs.

(b) Guard against an excess of acidity by discarding all foods and drinks that produce them or that tend to incite nervousness.

(c) Reject all foods and drinks that irritate the stomach. A number of the kinds of foods that produce irritation of the stomach and induce gastritis have been mentioned. The exciting causes of stomach and bowel troubles are intimately associated and are far-reaching in their effects. Efficiency and good health are not possible with the individual whose stomach and bowels are deranged.

(*d*) Drink an abundance of pure water. Many do not drink enough water to digest their food. One glass of water should be drunk at each meal, three between breakfast and dinner, three between dinner and supper and one before retiring. All meals should be taken at seasonable hours—the heartiest at mid-day.

(*e*) Do not eat with frequency. Except when hunger demands it, nothing should be eaten between meals. The stomach requires hours of time for the processes of digestion, and it requires rest, in order fully to relax and to recuperate.

(*f*) Eat foods containing much cellulose—any coarse fiber, such as bran and the plant foods. Whole wheat is good for this purpose, as well as being nourishing.

(*g*) Do not drink tea, coffee or cocoa. They irritate the mucous membrane and weaken the nerves, and in many instances

the heart and kidneys are harmfully affected.

2. *Inflammation of the stomach.*

An inflamed stomach is one that is irritated. To remedy the trouble:

(a) Avoid irritating foods and drinks and consume only those things that are soothing and healing.

(b) Drink lemonade freely as a tonic to the stomach and as helpful to the liver.

(c) Use the cabinet bath every alternate day to cleanse the skin and open the seven millions of pores, and to aid in eliminating the toxic poisons.

(d) Heavily cup the entire back, daily, to restore the circulation and strengthen the nerves. For the purpose of such restoration, there is nothing known that will equal the vacuum cups. The treatment mentioned under this general heading will be a powerful aid in curing gastritis and its accompaniments.

(e) In addition to these things, the abdominal tract should be entirely cleansed by irrigation. Wash out the colon in the way indicated for treating appendicitis.

(f) Manipulate the kidneys, the stomach and bowels very thoroughly, using the Swedish movements.

(g) Cup and give osteopathic treatment to the liver. When convalescent, give osteopathic treatment to the entire body.

3. *For dysentery.*

(a) Diet.

(b) Wash out the entire colon with pure water once each day.

(c) After the colon is cleansed, using the bulb syringe, inject into the colon, daily, until well, the following: Lemon juice, one-fourth pint; juice of grapefruit, one-fourth pint; pure water, one-

half pint, and let it remain there to be absorbed. These juices will destroy the amoeba that is credited with being responsible for chronic dysentery, which, owing to impure water and stale fruits and vegetables, are so prevalent in certain seasons of the year in many localities.

4. This treatment will likewise cure colitis.

5. It will also remove the inciting causes of ulceration of the bowels by removing the substances producing it; and with the removal, the danger of a formation of cancer in the stomach and bowels is passed. The perils all readily yield to the above treatment, which may be applied in the home and by anyone of ordinary intelligence.

6. *Intestinal obstruction.*

(a) Very frequently this trouble is caused by hardened feces in the blind pouch or other parts of the colon. If

this be the cause, it may be remedied by the very thorough washing out of the entire colon in the manner that will be described in the following chapter on appendicitis.

(b) If it is caused by the slipping of one part of an intestine into another, the services of a skilled surgeon will be required. The washing out will largely aid in determining the cause of the obstruction.

(c) If it is caused by knots and twists, or by the contraction of a duct or tube, it is possible that a surgeon's aid may be needed. But in many instances it is quite possible that the injection of three pints of water, as hot as the patient can endure, into the entire colon, two or three times a day, together with outward hot applications over the affected parts, may entirely remove the obstruction and relieve the patient of all distress.

SECT. V. *Dietary*

Rice, thoroughly cooked	Creamery Butter (only)
Cooked Apples	Honey (Leggett's)
Horlick's Malted Milk	Buttermilk
Fresh Apple and Grape Juice (taken once a day on empty stomach)	
Royal Lunch Crackers	

CHAPTER IX

APPENDICITIS

SECTION I. *Defined and Described*

The vermiform appendix is a small worm-like tube projecting from the inner side of the cecum, or blind pouch, close to the cecal valve, from three to five inches in length and about the size of a slate pencil. When this tube becomes inflamed, as a result of violent interference with its functions, what is termed appendicitis occurs. The disease is really perilous and to be dreaded and guarded against in every intelligent way. Two and two-tenths per cent of all the deaths in America are occasioned by this disease. It slays its thousands every year. The probability is that a very large majority of the so-called cases of appendicitis is merely an impaction of the blind pouch, which can be readily removed with water.

SECT. II. *Causes and Symptoms*

The causes are manifold and varied; only a few of them will be mentioned; principally engorgement of the bowels.

1. Feces may lodge in the lumen, a sort of test tube of the appendix. If this is not discharged, the tube becomes inflamed and poisoned, possibly by the formation of a large excess of nitrogen gas, generated by the fecal substances.

2. A fruitful cause, doubtless, is constipation; thereby retaining broken down cells and other waste matter that should be properly discharged. This is occasioned by culpable neglect of the body, to which violence is given by improper eating and drinking—over-burdening the stomach and permitting the liver to become sluggish and over-taxing the kidneys. One should choose wisely and be temperate in eating.

3. Over-eating and improper diet are probably by far the most fruitful causes,

affecting as they do all of the intestines, the stomach, the kidneys, the liver and the heart. The fermentation and decomposition of meat in the bowels doubtless has very much to do with effete matter, containing much toxic material, and seems to be the most prolific cause of appendicitis. A rational menu, conscientiously followed, is a practical guarantee of immunity from a vast category of the dreaded ills that afflict mankind, as ninety-nine per cent are caused by improper diet.

SECT. III. *Symptoms*

Some of the most common and prominent are the following:

1. Sudden pain in the right side of the abdomen.
2. Fever, frequently of a moderate or high grade.
3. Gastro-intestinal disturbances, such as nausea, vomiting and constipation.

4. Tenderness, sensitiveness and pain in the region of the appendix, and usually a distention over the parts and great irritability of the bladder.

SECT. IV.

The most important kinds of appendicitis are six in number: 1. Acute catarrhal. 2. Acute diffuse. 3. Purulent. 4. Gangrenous. 5. Chronic. 6. Obliterative.

SECT. V. *The Uses of the Appendix*

The removal of the appendix has been recklessly and criminally advised. It has been asserted that the appendix has no use whatever and never had any unless it was prenatal. The suggestion is made that the appendix is a relic of pre-evolutionary days, when man, under the operation of inherent laws, was ascending from the brute. To evolve a being as infinitely superior to the anthropoid ape

(the animal physically nearest like the human being) as the sun is superior to the moon or to one of the asteroids is unthinkable. Man's spiritual and mental energies roam the earth and subjugate it and mount among the stars, and search after and stand in the peerless presence of the Infinite. Modern science demonstrates that every organ and every function has a designed and essential work to do, and for which it alone is adapted. Hence, the removal of any bodily organ is bound to harm and handicap the entire body and so render it less effective and more predisposed to disease, less resistive to exposure and more liable to an early death. The vermiform appendix is now known to be of great value and is indispensable to the greatest vigor and to the most efficient functions of life. It is true that the liver, stomach and pancreas pour into the upper intestines powerful digestive fluids, instantly destructive of all germs. But particles of

food evade them and pass into the lower intestines, and would be destined to remain there for a considerable time, doing irreparable harm. But the appendix, lying as it does at the lower side of the ascending colon, secretes a very valuable digestive fluid, the purpose of which is to aid in forcing the food up the ascending colon, which is the only place where it has to rise against gravity, thereby aiding the other fluids (much exhausted by their work while passing through twenty-five feet of small intestines) in digesting this food and so preventing its decomposition, to the weakening and gradual destruction of the lower intestines. In people living a sedentary life, the contents of the bowels must either lie dormant or be assisted by artificial means to expel the contents, because it has to operate against gravity. The washerwoman, or anyone pursuing a like vocation, never has appendicitis; because in her work, her movements are such

that she agitates the abdomen and so stimulates the circulation of the blood through the entire colon, exclusive of the appendix, preventing sluggishness and stagnation, and so renders herself immune.

SECT. VI. *The Treatment and Cure*

1. Appendicitis has its origin in poisons generated in the blind pouch, or beginning of the ascending colon, occasioned by decomposing substances within, which then reach the appendix, causing inflammation. Were the intestines regularly and thoroughly cleansed, this could not occur. Once acquired, appendicitis must be eliminated from the body or complete prostration and death will inevitably follow.

2. It was long thought that drugs and surgery were the only recourse; but it has within a very few years been clearly demonstrated that there is a safe and

rational method for treating appendicitis, offering no harm to the patient, which the author of this book originated and thoroughly tested in two hundred and fifty cases. In each instance a complete and permanent cure was effected.

SECT. VII. *Specific Treatment*

First, thoroughly cleanse the colon. This washing out of the colon may be done in the following manner:

1. Use a bulb syringe. (This will be described further on).

2. Have the patient stand erect near a table, on which is placed a vessel of water. Lukewarm water is preferable for a week or ten days as the patient cannot become accustomed to the cold water in a shorter length of time.

3. Place the nozzle of the syringe in the rectum and the other end in the water. The operator must stand immediately

back of the patient, placing the left hand on that of the patient.

4. Place the left hand over the sigmoid flexor; do not make pressure. This is done to direct the mind of the patient to dwell on that part of the bowel.

5. Now contract the bowel as much as possible and do not permit it to slacken any, in the least.

6. Keep the mind constantly on the descending colon.

7. Compress the bulb of the syringe sufficiently to inject the water into the colon and at the same time fill the bulb again.

8. Breathe short and rapid, so that the abdominal muscles will not be disturbed enough to check the flow of water from the ascending colon.

9. Continue pumping water into the colon until three pints have been forced

into the bowel. If the contraction has been kept up, the water will have been carried around to the cecal valve and blind pouch; this will consume about two minutes. In three to seven minutes the water will stimulate the peristaltic action of the bowel, causing it to expel its contents, leaving absolutely nothing in the bowel. All effete matter is carried away. This has the same effect that a very large dose of salts would have; but the action is quicker and even more thorough and much less pain is caused, and the patient feels toned up instead of depressed, as is invariably the case when epsom salts are taken. This will clean the blind pouch of hardened feces, which oil or salts will not do. The entire treatment requires only from ten to fifteen minutes.

10. When one wishes to hasten the action of the water, the hands should be placed close together, then using the tips of the fingers, stroke over the region

of the colon, from right to left, beginning just a little below the right of the umbilicus, making firm pressure over the ascending colon until the point is reached where the colon becomes the transverse colon. Then flatten both hands on the abdomen and continue across to where it becomes the descending colon.

11. Now use the thumbs only, and continue the stroking down and over the sigmoid flexor. Repeat this stroking every two or three minutes in succession; wait two or three minutes and then repeat the stroking.

12. After throwing in the water, one can place the right hand over the ascending colon and make strong contraction; then bending slightly forward and to the right, churn the bowels with the tips of the fingers of both hands, over and slightly below the region of the colon. This latter is done only in cases of extreme constipation, where there is reason

to believe there are hardened feces in the blind pouch; it will cause the bowel to empty itself immediately. But it is preferable to wait three minutes before proceeding to the churning process, so as to allow the contents of the blind pouch to become softened, thus facilitating expulsion. Then inject into the bowels one pint of the following mixture: Water, one-half pint; fresh apple juice, one-fourth pint; fresh pressed grape-juice, one-fourth pint. This is done to tone the bowels and to destroy all germs that may be present. This is the whole secret of curing appendicitis without resort to drugs or surgery. This treatment should be given every other day, and every alternate day the bowels should be thoroughly flushed with plain water. This treatment should be continued until all of the symptoms have been removed. The first four days the patient should be washed out daily, unless something should contraindicate such frequency.

After the first four days, wash out the bowel every other day, unless local conditions are such as to indicate that more frequent treatments are necessary. In all of the treatments the stroking should be very gentle.

13. Manipulate gently over region of cecal valve, lower part of ascending colon, blind pouch and the ileum every three or four hours. This helps to restore circulation of the affected organs, and is very essential in treating successfully every case of appendicitis and typhoid fever.

14. During the local treatment, the patient should be given a hot air vapor bath daily, until all danger is past.

15. If there is marked constipation, with hardened and packed feces in the colon, soap should be added to the water. This will have an effect in softening the hardened excrement, and will cause a more thorough cleansing than either salts or oils will produce.

16. The following dietary should be used while the treatment of appendicitis is progressing. This dietary is of great importance and should be strictly adhered to without any variation.

Rice	Apple Sauce	Cream
Corn Starch	Creamery Butter	Leggett's Honey
Cream of Wheat	Orange Juice	Sour Fruit Juices
Horlick's Malted Milk	Buttermilk	

Ten glasses pure spring water each day.

During the first five days the patient should use only apple, orange and grape juice as nourishment, and these should be freshly extracted from the fruit.

CHAPTER X

ENURESIS IN THE AGED

SECTION I. *Defined*

1. Enuresis is urinal incontinuity.
2. It is a nervous affection peculiar to the very young and to the aged; in many instances a concomitant of second childhood. In both the young and the aged, the individual is powerless and hence is not responsible, and accordingly should not be blamed.

SECT. II. *The Causes*

1. In children the bodily powers and functions are only partially developed. In the aged they become partly atrophied and inert.
2. As the nerves control all of the bodily functions, it is only when those nerves are fully developed and are vigor-

ous that they impart power and mastery to the muscles, and accordingly render the bodily functions subject to responsible mastery.

3. It is therefore in young children and the aged that enuresis is usually found to be present.

4. It is not occasioned by carelessness at all, but by undeveloped or weakened nerves. With the child, it is the former; with the aged, it is the dormant and partially atrophied nerves, rendering them powerless. In neither instance is anyone at fault or a subject for censure. It is a misfortune and should be viewed as such.

SECT. III. *Treatment*

1. In the case of the aged the cause of the trouble is readily removed by placing the vacuum cup over the urinal parts and drawing the blood to the dormant nerves, restoring them to activity. Then

they will control the muscles and the trouble will disappear.

2. After this, occasionally cup the entire back to invigorate the nerves, especially over the first lumbar. This will stimulate the bladder.

CHAPTER XI

ECZEMA

SECTION I. *Defined*

1. *Eczema is a skin disease evidencing impurities in the blood, requiring elimination.*

2. It is an itchy eruption of the skin which may appear upon any part of the body, in the form of scales or blotches, and in some instances rawness, occasioning much discomfort; also as tetter.

SECT. II. *Manifestations*

It manifests itself principally in the following forms:

1. As dry, distressing scales.

2. As blotches, persistent and more or less annoying.

3. As tetter—most frequently in the hands; the skin becomes dry and at time cracks open clear to the bone.

4. It may appear between the fingers with many characteristics of itch.

5. In some instances it manifests itself in a scaly form in the head, covering the scalp with itchy scales.

6. With some it occurs only on the feet, in the form of scales and of sensitive, itchy eruptions.

7. In other instances it manifests itself only on the trunk, in the form of scales or blotches.

Whatever the manifestation, it should be given prompt attention. With proper treatment it is not difficult to cure.

SECT. III. *Causes*

1. The primary causes are three:

(a) Improper diet.

(b) Defective nutrition.

(c) Abdominal engorgement.

2. The direct cause, readily apparent, is impurities in the blood; causing one

to approach an anemic condition, with weakened nerves and depreciated bodily powers.

3. There is present a microscopic germ which, burrowing in the skin, probably causes much of the annoyance and aggravates the disease in every way.

4. The basal cause is the retained wastes in the body, poisoning the blood, and through its circulation in the skin, and by means of the pores, poisons reach the surface, causing eczema. This waste is caused by the disintegration of exhausted cells, or by indigestible matter or impurities taken into the body, usually through the mouth, sometimes through the nostrils and possibly at times by the pores. Man has lived so long upon the earth, and so unwisely, that he has gotten things pretty badly corrupted. This is true of the soil, of the streams, of the atmosphere. It is only by the help of nature's active remedial chemistry that

we are able to live here at all. The very aged, in antediluvian days, lived before the race was so greatly degenerated and before the earth was corrupted. This will readily account for the great age to which many of them attained. Of necessity they lived the simple life. They knew no other kind and their tastes were not depraved as they have been with people in more recent times.

SECT. IV. *Prognosis*

All cases of eczema may be readily cured by the following treatment.

SECT. V. *Treatment and Cure*

Begin at the incipient causes and remove them.

1. Thoroughly cleanse the entire colon by washing out of it all accumulations, and keep it clean. Many diseases start as a result of poisons developed there and imparted to the blood, deteriorating it, and accordingly enfeebling all of the

bodily functions. So long as the engorgement continues the disease will become worse, as the toxic poison will steadily persist, infecting the blood, imparting to it impurities, and that in turn will affect all of the bodily organs. This poison-breeding engorgement should be eliminated from the body in the same way it is done in treating appendicitis. After being once cleansed the colon should be kept clean. This prepares the way for effective treatment. Indeed, it is the first step towards healing. It should be done daily.

2. The patient should immediately be placed upon a suitable diet. No meat should be eaten. There should be abstinence from rich food and from all food not easily digested. Only readily digested and nourishing food should be eaten. The digestive organs and the assimilative powers should be strengthened by drinking an abundance of pure water, by abstemious habits and by

occasional fasting, so as to let them rest. They are usually overburdened and overstimulated. Impurities in the blood and a defective nutrition cause one to approach an anemic condition with weakened nerves and depreciated vital forces.

This always renders one liable to develop some form of disease. The frequent use of lemonade will be helpful in eliminating the impurities from the blood and in toning the stomach, the liver and the bowels.

3. Give the patient a cabinet bath every alternate day, using in the water one teaspoonful of compound sulphur drops. This is done to open the pores, to stimulate the circulation, to aid in eliminating the toxic poisons, and to destroy the germs.

4. Sleep in the open air, using the window tent.

5. Cup the entire back to strengthen the nerves and build up vitality, by restoring the circulation.

6. Take moderate exercise.

7. Guard against worrying and strive to be cheerful.

8. Adapt the following dietary:

Bread

Butter

Rice

Milk

CHAPTER XII

THE LIVER

SECTION I. *Defined*

1. The liver is the largest gland in the body and weighs about three or four pounds. It has five lobes, five fissures, five ligaments and five vessels. It is centrally located in the body and its functions are exceedingly important, being essential to the maintenance of life itself.

2. *The principal functions of the liver:*

(a) The formation of an internal secretion, called "glycogen."

(b) The formation of urea.

(c) The production of bile.

3. *The antitoxic function of the liver:*

(a) It acts as a storage for metallic poisons, such as mercury, arsenic, iodine

and antimony, for long periods, keeping them out of the blood as long as possible and so protecting life against their destructive ravages.

(b) It exerts a protective action against poisoning, by indol and phenol.

(c) The liver reduces the toxic activity generated by certain specific bacteria, such as the typhoid, and those either identical with it or closely affiliated.

SECT. II. *Discussion*

1. Glycogen secreted by the liver.

Glycogen is always present in small proportions in protoplasm, animal membranes, white blood corpuscles and pus. It is a white, tasteless powder, readily dissolved in water, producing what is termed an opaque solution. It is readily transformed into glucose—the sugar of fruits—and is thus in waiting for easy transformation into vital sustenance, through oxidation. This glycogen in the

liver is merely the storage of the excess, which cannot be taken up during and following the processes of digestion, and is carried by the circulation and stored for future use. It is derived principally from the carbohydrates. It is a sugar-forming, animal starch, and its utilization is a source of much bodily energy. It must be absorbed into the blood ere the body can be nourished, energy generated and life sustained.

2. Urea is formed in the liver largely from ammonium carbonate and in quantity amounts to about one-half of the urea secreted in the body. It is derived originally from an excess of nitrogen in the tissues and which must be arrested and excreted to prevent the destruction of the body.

*Secretion of the Gastric Juice by the
Stomach*

(a) "Gastric juice is a clear, colorless, limpid fluid, very acid and peptic, in

nature." Its daily secretion aggregates about one-tenth the weight of the body. It is composed of water, solid residue, pepsin, chloride of sodium, chloride of potassium, chloride of calcium, phosphate of calcium, free hydrochloric acid, phosphate of magnesium and phosphate of iron. The principal, and hence the most essential function of the gastric juices, as a most powerful contributory agent in digestion, is to dissolve the proteids resident in foods and transform them into peptones. Digestion is a chemical process, effecting certain radical, definite and essential changes in the food consumed, in order to transform it into life-sustaining and tissue-building substances, by converting it into blood to be carried by the circulation to all parts of the body.

(b) The gastric secretion is also a most powerful and effective germicide and disinfectant, destroying many of the harmful bacteria taken into the body,

along with food and drink. In this necessary work both stomach and liver are engaged, hence the foregoing is here stated.

The Production of Bile

3. Bile is a thick, golden colored and very bitter liquid, secreted by the liver and stored in the gall bladder. It is composed of both organic and inorganic substances. It is primarily excrementitious in character; while filling the essential functions of such it possesses properties to aid in intestinal digestion and it is also powerfully disinfective and germicidal. The properties of the bile can be readily ascertained by consulting any good text-book on physiology.

SECT. III. *Diseases of the Liver*

We mention only the most prominent and common ones.

1. Torpidity—inactivity of the liver—a dullness, wherein it fails to perform its

functions, causing a feeling of general languor and of weakness and of inability to meet responsibilities. Doubtless, torpidity of the liver is frequently mistaken for the presence of malarial troubles. Its causes are not far to seek.

(a) Coffee drinking and nicotine in very many instances not only poison it, but overburden it with work and with faulty accumulations.

(b) A vicious or defective dietary.

(c) Abdominal engorgement, breeding poisons in close contiguity to the liver.

(d) The drinking of wine, beer and liquors. To remedy the trouble, correct the things just mentioned.

2. *Congestion of the liver*

This manifests itself in two forms—active and passive.

(a) *Active congestion*

There is a sense of distress or fulness in the region of the abdomen on each side

of the stomach. This is peculiarly the case with dyspeptics and heavy drinkers, and is largely due to an overfulness of the portal vessels.

(b) *Passive congestion*

This is quite common and is caused by an increase of pressure in the efferent vessels. It causes enlargement of the liver. Atrophy is liable to follow chronic congestion. All congestion of the liver is an affection of the blood vessels. The symptoms are not very definite. Gastro-intestinal catarrh is usually present and there may be vomiting of blood. It may develop into general dropsy.

3. *Cirrhosis of the liver*

A hardening due to an increase in the connective tissue. This manifests itself in the form of:

(a) *Toxic cirrhosis*. Alcohol being the chief cause. Other poisons may also be responsible.

(b) *Infectious cirrhosis*, associated with or a resultant of certain fevers, such as malarial.

(c) *Chronic cirrhosis*, as a result of a congestion of blood vessels in heart disease.

(d) Obstruction of the bile ducts.

4. *Gall stones*, causing obstruction in the bile ducts or in the intestines.

SECT. IV. *General Treatment of Liver Affections*

1. Begin by cleansing the entire colon, using for that purpose the colon syringe, to remove all germs and poisons and poison-breeding substances. A cure cannot be effected while those things remain in the body. They are the occasion of more bodily harm than all other causes, originating in neglect, combined. They are very injurious to the entire body, and especially so to the liver. While they remain, they continually increase the

vicious conditions and aggravate the various troubles of the liver.

2. Cup over the liver daily and give it thorough osteopathic treatment. This will arouse that organ to greater activity and aid in enabling it to free itself of its encumbrances.

3. Cup the entire spine to strengthen all of the vital organs, increase the circulation and make the nerves vigorous.

4. Use an unstimulating diet in which there is no fat. Such a diet is the following:

Rice	Celery	Oranges
Corn Bread	Spinach	Apple Sauce
Lettuce	Prunes	Cherries
Tomatoes	Apples	Grape Fruit

Also drink grape juice and lemonade freely, and an abundance of water.

Cherries are nutritious, are easily digested, and contain alkaline salts, potash and lime, also iron and phosphoric acid, and are excellent for the liver.

5. Take a cabinet bath five times each week to open the pores and to aid in eliminating the poisons from the body, and so relieve the liver of all unnecessary work.

Keeping the colon well cleansed will be of great service in keeping the liver as well as the stomach in a healthful condition. Neglect in this matter is sure to induce most serious and oftentimes complicated troubles. Prevention is always to be commended, not only by way of prevention, but of conservation as well. The stomach also needs to be kept in a vigorous condition, by the use of a right dietary and prudence in eating. Error in these things invites a long category of ills, from which it is difficult to be delivered.

CHAPTER XIII

CONSUMPTION

SECTION I. *Defined*

Consumption and tuberculosis are one and the same thing. The latter name being derived from the bacillus causing the disease. It is an infectious disease, caused by the presence of a living organism, infinitesimal in size. The tubercule bacillus has been known for three thousand years. Its term of life is not more than thirty minutes. It reproduces so rapidly that in twenty-four hours' time its descendants will aggregate seventeen millions. It gains a lodgment in the human body by means of breathing, by contact through using articles that touch the mouth of a tuberculous person, by eating or drinking anything in which the microscopic germ is present. If the general health is vigorous, the blood

being pure and rich, it may find only a temporary lodgment; or it may lie inactive for months or years, awaiting a favorable opportunity, occasioned by lowered vitality or acute disease development. Its advances then are usually slow and insidious, for a long time being imperceptible, and hence unrecognized until it is well fastened upon some vulnerable part of the body. It feeds upon the blood and hence impoverishes it. That will probably account for the loss of strength and weight of the sufferer in the incipient stage of the disease. Hence it is that the tubercule bacillus, feeding upon the blood of its victim, is always fat. They assemble in colonies in a lesion, a lymph, a gland, a joint, etc.; in any part of the body that is not sufficiently vigorous to repel them.

SECT. II. *The Causes of Consumption*

As all things must have a sufficient cause, and this is no exception, a few of the principal causes are here given.

1. *Inheritance*

(a) A tendency, through a weak constitution.

(b) Direct inheritance from one or both parents by means of transmission, by the sperm, the ovum or through the placenta. The cases that could originate through sperm transmission must be exceedingly rare. Those that may originate through transmission from the ovum and placenta are quite possible in a goodly number of instances. There is, however, only a very small percentage of congenital tuberculosis. But it is a fact that frequently the disease is known to run along direct hereditary channels for generations. In this it is only following a law of physical life. This may be largely overcome by a good life and sanitary living.

2. It is caused by the presence within the body of an active micro-organism, as a result of low vitality—non-vital

resistance. Sufficiently vigorous health would render one immune. But a low vitality, occasioned by impoverished blood, because of insufficient nutrition, exposure, overwork or a lack of rest, renders one readily susceptible to any disease to which he may be exposed.

3. *Bad air* lowers vital resistance by weakening the body, especially the lungs, and thereby imparting impurities to the blood. Frequently the air is laden with minute tubercular germs and through inhalation they gain a lodgment in the lungs and bronchial glands. This is peculiarly the case in densely populated sections of great cities, where many people live in very restricted quarters and many of them lodge in basements, making them subject to colds. Pure air and good living are absolutely essential to healthfulness.

4. *Sedentary habits*—They are inconducive to physical vigor and render

people disposed to use stimulants, and to resort to many other harmful expedients of artificial life, imperiling not only health, but everything else that should be treasured most highly. In a sedentary life, sufficient fresh air is rarely available and there is a consequent lack of oxidation of the tissues, and this renders them a suitable lodging place and habitat for floating germs of any and every character that may be born on atmospheric waves.

5. *Insufficient nourishment*—that is, of food convertible into vital energy, lowers vitality and renders the body prone to infection. This means that enough food in quantity, nourishing and adaptable in quality, should be eaten. It should be absolutely pure, being free from all poisons and from all harm-causing bacteria, and from all disease-producing germs. Infected food and drink is a fruitful cause of tubercular diseases.

6. *Unsanitary conditions, habitations and surroundings* breed virulent, disease-bearing germs, which are quite liable to be taken into the body at any time. Old, decaying buildings, decomposing vegetation contiguous to one's habitation or domicile, damp and filthy clothing, uncleanness of body and of life, are conducive to incipient tubercular trouble or to any other malignant disease that readily develops under such inviting conditions. Lowered vitality and disease-breeding surroundings and a germ-laden atmosphere give origin to many diseases, malignant or otherwise. At times, a conflagration, destroying pestilence-breeding tenements, is a great boon to a city and to humanity. Consumption is usually found in cities and in that portion where the conditions of life are the most unfavorable.

7. Exposure to inclement weather, when one is not properly clothed, and going out in the wet and snow and cold

without having the feet suitably protected with regards to dampness, by having some kind of insulation to prevent the escape of magnetism from the body and also to keep the feet warm. Dampness is a conductor of magnetism, which is a life-giving and sustaining force. Chilliness reduces vital resistance.

8. The intimacies between dear friends, leading to the fondling and kissing of one who is tubercular, is a fruitful source of infection and should be avoided. Affection does not warrant a suicidal manifestation of fatalism. Sick loved ones should receive every considerate care, but they should not be kissed or even fondled.

9. The use of unsterilized utensils that an infected person has used may communicate the disease to another.

10. There is always some saliva, moist or dry, upon the lips, and this is liable to be laden with bacteria, and germs may be

carried by the breath, rendering those in close proximity to a tubercular sufferer in danger of possible infection. It is claimed that certain kinds of living species reach the earth from other planets, carried by the ether waves in the form of spores, through the cold, dry regions of space. If this is possible, certainly the germs of infectious life may be carried on the breath wavelets from one human being to another, in the same room.

SECT. III. *Nature*

In nature, consumption gradually saps the vital forces, reduces the tissues and slowly wastes the body.

Characteristics

1. It creeps slowly, like a subtle foe, gripping the body firmly, ere its presence is known.

2. It is usually characterized in the early stages by an intermittent fever.

3. It manifests itself in a multitude of forms.

SECT IV. *Symptoms*

1. Early symptoms.

(a) Expectorating thin, watery mucous for two or three weeks.

(b) A slight cough develops at the end of two or three weeks, especially on rising in the morning.

(c) The cough gradually grows more marked in five weeks.

(d) A slight loss of appetite appears as the cough becomes more severe.

(e) In six weeks there is a slight rise in temperature.

(f) In eight weeks the temperature will have risen from one-half to one degree.

(g) Sometimes there will be a light chill, or chilly sensations will develop.

(h) Loss of weight and flushing of cheeks.

(i) Slight headache in the afternoon, accompanied by a tired and languid feeling.

2. About this time all of the symptoms become well marked.

(a) The sputum changes to a thick, heavy mucous, probably streaked with pus.

SECT. V. *A Word of Warning*

1. Any person, overworked, under-nourished and run down, is liable to contract some form of tubercular trouble, which, under such favorable conditions, may rapidly develop into a most serious form of tuberculosis. It is also liable to follow some other infectious disease.

2. Hence we repeat and emphasize the very great importance of keeping the physical vigor up to the highest possible point.

3. It is easy to prevent consumption, by giving due care to the body in the way of protection and by internal and external ablutions and by sufficient nutrition.

4. The blood should be kept at par, that is, at one hundred degrees of richness. The nerves should be kept strong and the circulation full and constant. If these things are all carefully observed and faithfully practiced, there will be no possibility of contracting tuberculosis, which is second only to cancer as a responsible agent in the mortality lists.

SECT. VI. *Hope for the Afflicted*

1. Ninety-five per cent of all cases of consumption can be readily cured, if taken in the early stages, that is, before the end of the third month after the disease has been contracted, by closely following the system of treatment presently to be given in outline.

2. Doubtless a considerable percentage of the more advanced cases could be

cured, or at least greatly helped, provided one has the advantages of a well-equipped plant, located at a high altitude, in a cold and dry atmosphere, and sufficient funds are provided properly to maintain it.

3. Such an institution is greatly needed at the present time, and doubtless will be for many years, under the management of one who is thoroughly competent, who is conscientious, efficient in all of his ministrations and is supplied with a sufficient number of skilled, and in every way competent and reliable helpers. Such a plant should be made available for the relief of all tuberculous people whose manner of life renders them worthy of sympathy and help.

SECT. VII. *Treatment*

1. *Internal ablutions.*

(a) Begin the treatment by clearing the system of all accumulated waste substances, so as to eliminate the toxic poisons.

(b) This is done by flushing the colon with three pints of pure water, using the colon syringe, as directed for treating appendicitis, forcing the water around to the cecal valve.

(c) This should be done twice a day, with cold, spring water. It will not only cleanse, but it will also give tonicity to the bowels, the stomach, the liver, the kidneys and the nerves.

2. *Deep breathing.*

(a) To develop vigor and to effect a speedy recovery, it is very necessary for the patient regularly to practice deep breathing, completely inflating the lungs at regular intervals.

(b) In all cases there should be from one hundred and fifty to two hundred long, deep inhalations in the open air every twenty-four hours. This will not all be possible at first.

(c) Begin by taking *ten* inhalations four times each day, before each meal and before retiring for the night.

(d) Gradually increase the number of inhalations daily, until twenty-five are taken each time. This number may be increased, or the breathings more frequently practiced, after the patient becomes accustomed to the exercises, until the one hundred and fifty or two hundred are attained. In taking them, one should stand erect, with the shoulders well back and the chest forward; and the exercises should all be taken either out of doors or by an open window or door.

(e) The patient should have a competent instructor in deep breathing until the exercise is fully mastered.

3. *Nourishment. Forced feeding.*

(a) The patient should take one hundred and fifty ounces of nourishment every twenty-four hours, except on Sun-

day. On that day he should take but three or four glasses of milk, so as to let the stomach rest. Patients can assimilate this large quantity of nourishment, provided the colon is kept cleansed, as has been directed.

(b) Give the patient three or four quarts of rich milk daily, with some cream added.

(c) Those having only moderate digestive powers will experience no difficulty in digesting this amount of food, provided the directions given for internal ablutions are rigidly observed.

(d) Those using the quantity of nourishment named will gain in weight as follows: males, one and one-fourth pounds; females, one pound every twenty-four hours, in the early stages of the disease.

(e) With the increase in weight, the cough and expectoration decrease daily.

(f) The night sweats and the chills and fever will disappear in a short time. This refers to the cases that have been running not more than two or three months. Not many patients at this early stage of the disease have chills, night sweats, headaches or an increase in the evening temperature.

4. *Preservation of the bodily forces.*

(a) Study to conserve the strength as much as possible, and thereby check the loss and waning of vital powers.

(b) Take but little exercise. Those having consumption *require* but little exercise. Their principal consideration is to build vital energy so as to be enabled to overcome and throw off disease.

(c) A half hour's horseback riding, morning and evening, may be found helpful.

(d) Sleep much, taking all the rest that is possible.

(e) Sleep out of doors in a tent. If that is impracticable, use the window tent. It is inexpensive and convenient.

(f) Spend all of the time in the open; none of it in the house.

5. Stimulation of the vital forces by restoring the powers that are slowing down.

For this purpose:

(a) Take a cold shower bath early in the morning and immediately follow that with a short walk.

(b) Live at an altitude of not less than thirty-five hundred feet. An altitude of four thousand feet would be better.

(c) Select a location in as dry and cold a climate as possible.

(d) Take a cabinet, hot air bath twice each week.

(e) Cup the spine and the entire back once each day.

(f) Douche the back first with hot and then with cold water, immediately after the cupping.

(g) Use a hot needle water spray on the entire back, immediately following that with a cold water spray.

(h) Give osteopathic treatment to the entire body once a day.

(i) Give the patient an electric water bath every other day.

(j) Have fine music three or four times a day.

(k) Have congenial company for the patient and strive to make him cheerful, hopeful and expectant. A pessimistic state of mind will be very harmful.

SECT. VIII. *Conclusion*

1. The system of treatment just outlined, if faithfully applied, will greatly strengthen the resisting powers of the body, enabling it to throw off the disease.

2. If the treatments are persistently, literally and forcefully followed, the progress in the way of recovery will be very rapid, being manifested in increased weight and strength. Light or indifferent treatments will be ineffective.

SECT. IX. *Dietary for Consumptives*

Grape Fruit	Malted Nuts
Grapes	Horlick's Malted Milk
Oranges	Borden's Condensed Milk
Peanuts	Milk (clabbered)
Nuts	Creamery Butter
Prunes	Cheese
Apple Sauce	Eggs
Rice	Egg Yolk
Custards of all kinds	Roasted Potatoes
Rye	Spaghetti
Cream of Wheat	Spinach
Weatal	Lentils
Whole Wheat	Peas
Vieno Self-rising Bran Meal	Beans
Corn Muffins	Tomatoes
Royal Lunch Crackers	Fresh Fish
Francis Leggett's Honey (six to ten ounces per day)	

2. *Special and nutritious drink.*

Two tablespoonfuls of Horlick's Malted Milk.

One tablespoonful of Borden's Condensed Milk.

One pint of cow's milk.

Two ounces of Leggett's Honey.

A small amount of cocoa.

Flavor to taste with vanilla.

CHAPTER XIV

GOOD HEALTH—KEEPING WELL

SECTION I.

Man is the natural lord of this lower world. The earth is his to possess, to use, to enjoy. Its wonderful resources are largely at his command. The natural laws are designed to be kindly, helpful, co-operative and conducive to his well-being. Everything essential to healthfulness, under wise using, may be found or produced. Illness, or ill health, is simply being out of harmony with natural law—the essential law of the universe, which emanated from the mind of the Creator. Sickness is a product of some violated law of nature, which intelligent, conscientious, painstaking care might have readily avoided.

Good health is simply living in perfect adjustment to the endowed, and hence

invariable laws of the realm placed in our keeping. Health is essential to unalloyed happiness. And we are intended for happiness. Our natural surroundings are conducive to that end. Nature is not antagonistic but highly contributory. It is benignant. It is violation of some fundamental law of our being, of the universe, or transgression of the expressed will of God that causes distress and pain and disease.

Congested blood vessels are a product of weakened nerves, through exposure, and of engorgement of the stomach and bowels, as a consequence of a wrong dietary, resulting from improper food and overeating, causing indigestion, constipation, torpidity of the liver and derangement of the kidneys, thus impoverishing the blood and rendering it impossible for the brain to do its work. Hence, there are headaches and neuralgic pains and a long train of ills, and, in some instances, prostrating and fatal issues

follow in their wake. The world in which we live, the law of our being, the intent of our Heavenly Parent is not to blame for this. It is our own ignorance, carelessness and wilfulness, and the violation of fundamental law that are solely responsible. People need to be well in order to be normal. Poor health is an anomalism. While observation demonstrates it to be a common experience, yet it is an unnatural and abnormal state of life. For this, someone is responsible; but not necessarily the sufferer, although he is the most usual, responsible agent for his own sufferings through a violation of the laws of health and of life.

It is true that many are handicapped by heredity; by an evil inheritance for which some progenitor is responsible, and is the one to be censured, and not the present sufferer. Weak constitutions and a susceptibility to certain diseases may, through the operations of the laws

of heredity, be handed down along the line of many generations. Somebody has violated a fundamental law of physical life and entailed the evil consequences upon generations of the unborn. It cannot be otherwise. Every violated law is one that is antagonized and inverted, and accordingly harm producing to the responsible person, and oftentimes to his natural heirs. Some people long for health as they do for Heaven; they want that along with their follies and their sins. The laws of health and happiness cannot be persistently ignored and antagonized and then be regained or retained.

SECT. II. *Some Absolute Essentials to Good Health*

1. All of the vital organs must be in adjustment, and retain their co-ordinations and be in smooth, natural, working condition, each doing its legitimate work in appointed portions. This is possible

only by keeping them toned to vigorous activity by intelligent care. These organs become weakened only through imposition; that is, by exposure or by being over-burdened. The liver becomes sluggish, by having work cast upon it which it was never intended to do. Coffee and tea drinking, the use of opiates, intoxicants and tobacco all act harmfully upon the liver. The same may be said with equal force with regard to the kidneys, the stomach and the heart. These react upon the circulation and the nerves, and all, working in conjunction, lower vitality—lessen vital force.

2. One should breathe an abundance of fresh air. We should spend as much time as possible in the open and apartments should be well ventilated, day and night. We should practice deep breathing of pure air frequently. If we cannot be outdoors, then, standing by an open door or window with shoulders well back, we should take at least twenty-

five long, deep inhalations four times each day. This will oxygenize the blood and reach every nerve, cell and muscle in the body. Shallow breathing is responsible for much of languor and emaciation. Without pure air, a good diet cannot nourish one.

3. Drink two quarts of pure water every day. Food cannot be digested, assimilated and transformed into vital force without water. Sixty-eight per cent of the human body is water. It is essential to the circulation of the blood, laden with tissue building and energy producing food. It is likewise necessary in order to eliminate the waste and the poisons from the body. The kidneys must be well flushed or they will become diseased. .

Stomach and bowel troubles frequently may be cured by the free drinking of pure water. Without water, the blood will dry up and the muscles and tissues will become atrophied.

4. Eat only nourishing food and that in sufficient quantity. Care should be exercised in the selection so as to choose only that which is adapted to the needs of the body, in view of one's habits and occupation.

A competent authority asserts that "The best meat that can be produced contains only about thirty per cent of food value—approximately twenty per cent protein and ten per cent fat. The remaining seventy per cent is water. The protein can be produced from eggs, milk, nuts and legumes in larger proportions, cleaner and in better form. The fat can be obtained from butter, cream, nuts and vegetable oils and will be much better and cheaper. As for the water—that supplied by a good well, spring or cistern is vastly preferable. The seventy per cent of water in flesh costs the consumer about thirty cents per pound and it is laden with uric acid and other poisons of the animal body which were

in process of elimination when arrested by death." When these are added to the poisons and toxic substances that are being constantly produced in the human body, it reduces the endurance and vitality and ultimately shortens life.

5. *Have a clear brain:*

(a) The brain not only generates and feeds out power to the body, but it is the physical organ of thought. It needs to be free from all encumbrances in order to do its work to the best advantage. Its hundreds of millions of electric cells, unhampered, will furnish an abundance of power for life's responsibilities. The nerves *only* convey power from the brain to the various parts of the body, controlling the circulation and nutrition, as well as feeding out force to tissues and muscles.

(b) Nutrition is carried to the brain by the nerves. Anything that lessens the active vigor of the nerves clogs and

renders less keen the brain, by depriving it of essential nutrition as a result of a stagnated circulation.

(c) Impoverished blood and ptomaine poisons not only weaken sensitive nerves but affect the brain itself. Poisons should not be permitted to generate in the body, and through the circulation be carried to every nerve and cell. This may be prevented by using only a rational diet, avoiding indigestion and keeping the abdominal tract free from all engorgements by frequent cleansings with pure water.

(d) Insufficient rest and over-taxation will likewise handicap the brain, as a result of over-sensitizing the nerves and rendering them weak and incompetent. Stimulants and likewise opiates will greatly aggravate this condition. The over-strenuousness of life in our country is contributing largely in making us a neurotic people, and is shortening the

active years and probably the life, and certainly lessening the peace, comfort and happiness of a majority of our people. Added to the above, dissipation is a most powerful weapon in lessening efficiency, through wasting vital energy and destroying life. There are manifold forms of dissipation and their ramifications are far-reaching. But in a few words, it is anything that overtaxes, that greatly wearies the muscles and that unduly excites the nerves.

6. Essential to good health is a cheerful, optimistic spirit. If we are right ourselves, if we are in happy adjustment with natural and moral law, we are to expect good and helpful and heart enthrilling things. No good thing is withheld from those who love God. They flow to us as naturally as an invited curse or self-caused shame and sorrow would flow. Optimism is a nourishing stimulant to the vital powers and to all of the functions of human life. While "God is

in His Heaven, all is well with the earth."

7. Some things to guard against:

(a) Laxative drugs. They are very injurious, being weakening through their poisonous effects to stomach, bowels, kidneys and nerves, and through absorption into the blood reach all parts of the body.

(b) Stimulants taken at meals. They are harmful in many ways, especially so in inciting an unnatural appetite, causing one to over-eat, with resultant indigestion, congestion and engorgement, with the train of evils that follow them.

(c) The use of much sweets causes intestinal derangement.

(d) Sweets taken at bed-time induce constipation. Tea and coffee cause the same trouble and likewise seriously affect the nerves and the heart. These, with meat and bread, may bring on an attack

of appendicitis and also of Bright's disease.

(*e*) Food should not be eaten while any of that previously consumed remains in the stomach, as it is likely to ferment and so produce derangement of both stomach and bowels.

(*f*) Avoid iced foods and drinks; they chill the stomach and injure the mucous lining and check the processes of digestion, and in some instances seriously affect the delicate vocal organs.

(*g*) Butter, unless made from sterilized cream, is detrimental to health.

(*h*) Cheese is hard to digest and should not be eaten.

(*i*) Sour pickles are unwholesome and should not be used.

(*j*) Condiments, such as pepper and mustard, are harmful.

(*k*) Spices of all kinds are injurious to the stomach.

(*l*) Milk does not agree with one-half of the invalids who use it, as it is converted into casein in the stomach, inducing dyspepsia and causing headache, coated tongue and auto-intoxication.

(*m*) Sugar is irritating to the stomach. Leggett's Honey is much to be preferred.

(*n*) Strong acid fruits sometimes interfere with the digestion of starchy foods; if eaten, it should be at the close of the meal.

(*o*) Tomatoes should be peeled and eaten only between meals.

8. *Some helpful things to keep in mind that are essential to good health:*

(*a*) Eat some coarse food, the skin of fruits and plenty of green vegetables, daily.

(*b*) For constipation, cook two tablespoonfuls of coarse bran and eat it.

(*c*) Eat well-cooked rice freely. It is the most antiseptic of all cereals.

(d) Eggs are less objectionable than meat, but when used too freely, they may injure one by causing intestinal auto-intoxication.

(e) A fruit diet is advisable in all chronic diseases where there are indications that the stomach is infested with germs, as the acids of sour fruits will destroy all germs. By abdominal washings the destroyed germs may be cleansed from the body.

(f) Hot fruit juices are wholesome substitutes for tea, coffee and cocoa. The juices are pure and they are beneficial. "A pound of coffee, tea, cocoa or chocolate contains from one hundred and fifty to two hundred grains of uric acid, or its physiological equivalents, caffein, thein, theobromin."

The habitual use of products containing uric acid is the cause of much of rheumatism, and together with pepper are considered powerful agents in pro-

ducing arterio-sclerosis, high-blood pressure, Bright's disease and apoplexy. An authority declares that a cupful of coffee contains four grains of caffein, and "twice as much uric acid as the same quantity of urine." At the same time, it is very excitatory to the nerves and gradually weakens them and hence induces slow, physical degeneration of the entire body.

(g) For the majority of people who live a sedentary life, two meals a day will be all the body requires and can assimilate.

(h) Cereals should be very thoroughly cooked, as, if eaten when hard, they injure both teeth and stomach.

(i) Cold baths stimulate the heart and tone the nervous system. A cold bath every morning, lasting but a few minutes, is very helpful.

(j) To break up a cold, wash out the bowels very thoroughly and take a cabinet bath.

(k) If bilious, drink two quarts of cold water daily and wash out the bowels twice each day until completely recovered.

(l) Lie on the right side when sleeping. It is the most restful position to the heart. Sleeping upon the left side is perilous to the heart, as the lungs are liable to press against it and to cause nightmare and smothery sensations, in some instances causing death. For those who are heavy eaters, sleeping upon the back is nearly equally as dangerous, as it is liable to induce apoplexy.

(m) When sleeping, the use of the window tent will be very helpful, convenient and beneficial.

(n) Deep breathing is beneficial to the blood and to all of the vital organs.

(o) It is of great importance to drink the normal amount of water each day. It dissolves the nutritious substances so that they may be transformed into vital nourishment.

(*p*) Milk, eggs and vegetables are the best food for elderly people. With a few, milk and eggs may not agree, but to most people they are wholesome. They are rich in nutritive properties.

(*q*) To increase flesh, use plentifully of milk, rice and potatoes. To make milk more fattening add the yolk of eggs and also some cream.

(*r*) Daily drinking of the normal amount of water and washing out the bowels will prevent constipation and cure piles.

(*s*) Thorough flushing of the colon with water as hot as one can endure will at once relieve the severe pelvic distress to which women at times are subject.

(*t*) Lemon juice is a preventative and cure of tonsilitis. It should be used as a gargle once an hour until the distress ceases.

(*u*) Oranges, lemons and grapefruit are quite effective in curing functional liver troubles.

(*v*) Pineapples are good for the throat and vocal cords and a helpful remedial agent for constipation.

(*w*) Spinach contains a large percentage of iron and accordingly is good for the blood. Spinach and the yolk of eggs contain iron, sulphur, phosphorus and lime; all of them are essentials to the human body.

(*x*) Bananas are a nourishing food, and with many people are readily digested.

(*y*) It is well to remember that a pound of beefsteak contains fourteen grains of uric acid; one of liver, nineteen grains; of sweetbreads, seventy grains; and chicken, fish and oysters contain about fourteen grains to the pound. It may be some satisfaction or some protection to know what is to be found in

the foods upon which menus are usually built.

(z) A douche of cold water to the throat in the morning, followed by a vigorous rub with a coarse towel, is a good preventative of throat troubles from which many people suffer almost constantly, and which at some seasons of the year are quite prevalent.

(A) For biliousness and jaundice, the colon should be flushed daily and considerable exercise, especially by walking, should be taken every day, in the open air. This is also good for nervousness.

(B) Where there is much flatulency fresh fruits should not be eaten. In such cases stewed fruits are much to be preferred.

(C) To most people well cooked prunes are nutritious and beneficial.

(D) To the majority of people blackberries are nutritious, and they tone and cleanse the bowels.

(E) Grapes are wholesome and nutritious and impart much helpful tonicity.

(F) Milk, eggs, vegetables, fruits and nuts constitute the best and most rational diet for mankind. Of all foods, rice and milk are the least injurious to the kidneys. As a food they are helpful to the kidneys. As rice contains but little fat, butter should be added to it when it is eaten.

(G) People in good health should eat fruit in the raw state. For the delicate it should be cooked.

(H) Asparagus is excellent for the kidneys, doing much to cleanse them. If eaten once or twice a week there will not be likely to be any kidney trouble. It also contains iron, which is enriching to the blood.

(I) Corn is a nourishing and valuable food. Fish is nourishing, containing much phosphorus, is easily digested and

is much more wholesome than meat and contains no toxic poisons.

Raw eggs are hard to digest. Soft boiled ones are much better in that respect. Milk contains all of the principal nutrient properties required by the human body and is regarded as a complete food.

9. Some deductions as regards food:

(a) Substances eaten and which cannot be utilized are the cause of all stomach and intestinal derangements.

(b) Remove the offending cause and correct the diet and the difficulty will disappear.

(c) The human mechanism cannot remain in vigorous working order if burdened with a quantity and quality of food that cannot be assimilated and transformed into vital power.

(d) One should not eat more than three or four articles of food at the same meal, and that should be in moderation.

(e) Eating food that cannot be assimilated is the fruitful cause of what is called auto-intoxication (self-poisoning), and is said to manifest itself in thirty different ailments, and is called by a different name, for each of which a separate remedy is prescribed. The cause, however, is all one and may be remedied by cleansing the abdomen and following a rational diet.

10. *Biliousness.*

Biliousness is caused by an accumulation of food in the stomach and bowels and by torpidity of the liver. To cure it, cleanse the stomach and bowels of their engorgement by washing out the bowels. Then use only a strictly antitoxic diet, using no meat, eggs or animal fat. Consume fish, ripe fruits, cooked fresh fruits, nuts, water, bread, rice, zweibach, toasted corn flakes, potatoes, cauliflower and other fresh vegetables. If the former is rejected, honey, buttermilk, sterilized

milk and cream, peas, beans, lentils, raised bread and sterilized butter. Drink water plentifully. Eating, drinking, sleeping and exercising are all essentials to efficiency.

“Whether ye eat or drink, or whatsoever ye do, do all for the glory of God. A man can do credit to his Creator only in following the natural order of life.”
—*Kellogg*.

11. *Indigestion.*

Those suffering from indigestion should know that a very efficient and available cure for such trouble is hot water, giving almost immediate relief. Drink a half pint of water as hot as it can be endured and lie down for an hour. If the water is disagreeable, add to it a little lemon juice. “When the stomach is sour, as a result of an excessive secretion of hydrochloric acid, and causes heartburn, a half teaspoonful of soda added to the water will be helpful.”

12. *Headaches.*

To cure headaches, remove the causes of biliousness, indigestion and nervousness, and the distress in the head will disappear. Headache is a symptom of one or all of those three things. A congested liver may have much to do with producing all of them. For that, cupping, osteopathic treatment and free using of citrous fruits will be found effective.

13. *We are not stronger than our nerves.*
To have strong nerves:

(a) Take sufficient and adaptable nutrition.

(b) Keep the blood up to 100 degrees of richness.

(c) Have a good circulation.

(d) Avoid excitement as much as possible.

(e) Keep the liver in good condition, the stomach active and vigorous, the

kidneys in healthful condition and the bowels cleansed.

(f) Live a clean life, have a pure heart, a peaceful mind and strong faith in God.

(g) Be optimistic and hence confident, expectant and hopeful. Pessimism always depresses the spirit and acts harmfully upon the nerves and hence upon all of the bodily organs.

14. *Control of the appetites.*

There are but three appetites—hunger, thirst and sex. In order to have good health, all of the appetites should be kept absolutely under intelligent and conscientious control. No deviation from strictest moral rectitude should be permitted in any instance. Yielding to temptation is sin, and is a violation of the fundamental laws of our complex personality and involves ruin—save through the intervention of the Creator. And even then, through the operation of established and irrevocable law, many

of the natural consequences must follow. The appetites, through perversion, constitute the *rock* upon which the majority of people break their health and shorten their days. Like fire and water, they are perilous and destructive when they pass the bounds of responsible and conscientious control.

We are to be in possession of all of our powers, physical, mental and spiritual; and the necessity of self mastery is always absolutely essential. Deviation means violation of law, and that can never be harmless.

15. It is well to remember that rheumatic conditions, such as gout, lumbago and sciatica, are caused largely by the over-consumption of starchy foods. Meat and bread combine the uric acid of the animal flesh with the starch of the grain. This is the principal cause of rheumatism and all of its sympathetic conditions. Uric acid is a foreign substance and instead of being essential, is ever in-

jurious to the body, being poisonous, insidious and far reaching in its effects.

16. Tobacco contains a deadly poison and is even more harmful to the human body than is uric acid. Its use in America is quite general among men and boys, and it seems to be doing for our country what the opium plant has done for China. It is something which the stomach cannot utilize and is a fruitful cause of liver, nervous, stomach and intestinal troubles. Tobacco is a narcotic, and with the exception of opium, tobacco is the most harmful and destructive of all the narcotics used by human beings. The active principal in tobacco is nicotine, a most deadly poison, in virulency closely akin to the poison of a rattle-snake. It resides in the leaves in combination with malic acid. With regards to benefiting human kind, nothing can be said in favor of tobacco in any form or way that it may be used. It slowly lessens the sensitiveness of the sensory nerves and gradually

decreases vitality, and is very injurious to the optic nerves. It is said that one pound of tobacco contains enough nicotine to kill one hundred men. There are about eleven hundreds of millions of pounds of tobacco used in the United States annually. The havoc it is working can readily be computed to the extent of enabling any intelligent person to realize how terrifically appalling its effects are upon American nerves and health.

17. Opium in one form or another, in this country most frequently in the form of morphine, has been a great curse to the human race. It affects the users most seriously, both physically and morally. It is said that untruthfulness ever goes with the using of the drug. Like tobacco, it is a habit-fixing poison and it strikes at the nervous centers. Physicians are primarily responsible for the majority of those habitually using it forming the habit. Its use should be discountenanced in every way.

All kinds of narcotics, if used, are harmful to the human body, including quinine, coffee, tea—especially green tea—coca cola and acetanelid. The pain-killing drugs only deaden sensation and tend to destroy the cells throughout the body. The habitual use of acetanelid preparations destroys the red blood corpuscles. They should not be used at all, not even if prescribed by a physician.

18. The destructive effects of alcohol and its related compounds are too well known to need extended comment. Ether, chloroform and coal tar products are directly associated with alcohol. They are all too perilous to be trifled with by anyone who is not well versed and skilled in administering them. It is claimed for alcohol that it is a food. One has well declared that "It is a food in the same sense that dynamite is fuel." They both produce heat when used. It is present in wine, beer, brandy, whiskey, gin, etc. They are all harm-producing, and not

one of them has a legitimate use as a beverage. Many patent medicines contain a considerable percentage of alcohol. A few of them are here given: Peruna, twenty-eight per cent; Hood's Sarsaparilla, eighteen per cent; Lydia Pinkham's Compound, twenty per cent; Hostetters' Bitters, forty-four per cent; Ayer's Sarsaparilla, twenty-six per cent; Paine's Celery Compound, twenty-one per cent.

Alcohol is a destructive poison and should be avoided, regardless of the association in which it is presented. It is never to be regarded as a food. The following eight articles of food contain all of the elements required for the nourishment of the body: Fats, eggs, milk, nuts, grains, vegetables, fruits, sugars.

19. Persons suffering discomfort after eating are usually much relieved by the application of a water bag filled with hot water over the stomach, and remaining

in a reclining position for from thirty minutes to one hour after each meal.

20. Honey is non-irritating, is laxative and is more easily digested than cane sugar. The author has found Francis H. Leggett & Company's Premium Brand Honey the best he has ever used.

Someone has given the following table of nutritive foods:

One pound each of the following yields the indicated number of grains of strength

One pound each of this list yields grains of warmth

<i>Grains</i>		<i>Grains</i>	
Beer or Porter	1	Whey	150
Parsnips	12	Turnips	238
Turnips	12	Beer and Porter	315
Whey	13	Buttermilk	335
Greens	14	Skimmed Milk	351
Potatoes	24	New Milk	378
Skimmed Milk	34	Carrots	390
New Milk	25	Parsnips	425
Buttermilk	35	Potatoes	770
Barley	70	Fresh Fish	980
Rice	70	Beef Liver	1,220
Bacon	98	Red Herring	1,445
Rye Bread	89	Baker's Bread	1,990
Baker's Bread	90	Fresh Beef	2,300
Pearl Barley	91	Molasses	2,300
Fresh Pork	108	Skim Cheese	2,350
Seconds, Flour	120	Cream Cheese	2,500
Corn Meal	125	Seconds, Flour	2,700
Cocoa	130	Rye Bread	2,700
Oatmeal	140	Rice	2,750
Mutton	140	Barley Meal	2,780
Beef, Fresh	172	Indian Meal	2,800
Beef Liver	200	Sugar	2,900
Split Peas	250	Fresh Pork	3,100
Cream Cheese	310	Bacon	4,200
Skim Cheese	360	Butter	4,700
		Lard	4,800

21. *Some things of helpful interest to know:*

(a) Nutrition is the basis of health, vigor and life. This depends upon the balanced equilibrium maintained of the proportional elements essential to the adequate nourishment of the body in varied components.

(b) The body is composed and made up of a union of fifteen original, constituent elements, scientifically adjusted in exact relations and proportions. It is a unique, harmonious product of infinite skill. The human body is the most wonderful, complex and intricate of all the approximately infinite physical creations. Beginning as a microscopic cell, it is so perfectly made and adjusted that for its size it excels in strength and likewise in symmetry, and in the scope of its possible achievements. It is designed as a suitable dwelling place for an immortal spirit.

The human body is composed of fifteen elements in the following proportions—in a body weighing one hundred and fifty pounds:

	<i>Pounds</i>	<i>Ounces</i>	<i>Grains</i>
Oxygen	97	12	
Carbon	30		
Hydrogen	11	10	
Nitrogen	2	14	
Calcium	2		
Phosphorus	1	12	190
Sulphur		3	270
Sodium		2	190
Chlorine		2	250
Fluorine			215
Potassium			290
Magnesium			340
Iron			190
Silicon			110
Manganese			90

The Chemistry of Food

The following is so fine that it is taken bodily from Lesson IV of Dr. Christian's series of lessons:

“The chemistry of food is that which deals with the chemical elements that combine to make up all foods by man.

It also tells the exact proportion of those elements in each article of food; how they are affected by cooking and combining; what action takes place when the chemical elements of different foods are brought together in the stomach; and finally, what the advantages, or disadvantages of each food, or combination of foods are, its percentage of nutrient waste, etc.

“Everyone knows that the thoughtless mixing of chemical elements in a laboratory is attended with constant surprises and actual danger. Two elements, perfectly quiescent, even harmless in themselves, combine to form a virulent poison, cause violent commotion, or even explode. But few people realize that the human stomach is a laboratory, and that the food that we are constantly and heedlessly crowding into it is made up entirely of those very chemical elements which have to be handled with such infinite care and intelligence in the laboratory of the scientist.”

Simple Classification of Foods

“A majority of the eighty-two chemical elements are found in most food, but for the sake of brevity, all foods will be listed under the common divisions of carbohydrates, fats, proteids and mineral salts. Under these four groups most of the foods in common use are classified, according to the element that predominates in them. To illustrate, wheat contains about seventy per cent carbohydrates, twelve per cent protein and two per cent fat. This puts it in the carbohydrate class. Where an article is about equally divided or contains a liberal amount of two or more elements, it may appear in two or more of the following groups, as in the case of peanuts. This humble article contains twenty per cent protein, twenty-nine per cent fat and nineteen per cent carbohydrates. Hence, they would be listed under all three of these headings.

Carbohydrates

Wheat	Squash
Corn	Pumpkins
Rye	Bananas
Rice	Grapes
Barley	Persimmons
Oats	Dates
Tapioca	Figs
Sugar	Raisins
Syrups	Peanuts
Honey	Pignolia (Nuts)
Potatoes (Irish)	Chestnuts
Potatoes (Sweet)	Chocolate

Fats

Butter
Milk
Cream
Cheese
Almonds
Pignolia Nuts
Walnuts
Peanuts
Pecans
Hickory Nuts
Filberts
Cocoa Nuts
Red Meat

Proteids

Eggs
Cheese
Beans (Dried)
Peas (Dried)
Lentils (Dried)
Wheat Bran
Peanuts
Pignolia Nuts
Red Meat
Poultry
Fish

Mineral Salts

Lettuce
Celery
String Beans
Green Peas
Dandelions
Turnip Tops
Beet Tops
Radish Tops
Romaine
Watercress
Wheat Bran

Carbohydrates Explained

“Carbohydrate means carbon combined with water. Further simplified the word means starch, sugar, cellulose and water.

Fats Explained

All fats contain the elements carbon, hydrogen and oxygen. Fats are formed by uniting the fatty acids with glycerine. The particular fat that is formed takes its name from the acid which enters into composition; thus, stearin, etc., etc.

Proteids Explained

The food substances which contain nitrogen are commonly called proteids, or, if these compounds are considered together, the name protein may be given the group. Protein is not a single compound, but includes all substances which contain the element of nitrogen in such combinations as are available for assimilation in the human body. The proteid substance in the body must be formed from proteids, taken in the form of food, because only proteid foods contain the element nitrogen. The percentage by weight of the various elements which form proteids are about as follows: Car-

bon, thirty-two per cent; hydrogen, seven per cent; oxygen, twenty-two per cent; nitrogen, sixteen per cent; sulphur, two per cent; phosphorus, one per cent.

Mineral Salts Explained

The blood and tissues of the body contain mineral salts, without which, life could not exist; but it does not follow that this salt must be supplied in mineral form. Common table salt is an inorganic substance, while the mineral salts in grain and fresh vegetables are organic and readily convertible, therefore, a valuable aid in the digestion of other foods.

A diet of pure oil and artificially prepared proteids would be unwholesome and would fail to nourish the body for any length of time, because it would lack mineral salts. All natural food products, whether of vegetable or animal origin, contain a limited but ever present amount of mineral salts. This is especially true of milk, eggs and the seed

and green portions of plants. The human body needs a liberal amount of mineral salts, especially of the calcium phosphates of which the bones are made, but the salts that need to be supplied daily in food are small, because the salts are not consumed as rapidly as are other elements of nutrition."

Cold Feet

Many people are distressed with cold feet. These are caused by an insufficient supply of arterial blood to the extremities—caused by a poor circulation. This, in turn, is occasioned by weakened nerves. In old people it is caused by degenerating alternations in the blood vessels, less arterial blood reaching the feet.

This may be remedied by exercise, rubbing and massage, and by cupping the hips and using the leg receiver on the entire leg. A hot foot bath, followed immediately by a momentary cold one, will be found to be helpful.

The Horror of Morphine Using

The using of morphine is most revolting, because of its persistency and its far-reaching, harmful effects, stealthily poisoning, as it does, all parts of the body, deadening the sensory nerves or making them dormant and depriving the users of the finer sensibilities and measurably robbing them of their self-respect. It robs them of much vital power and deprives them of the ability to enjoy life. But all that is not the worst to be said of it, by any means. Its use is most exceedingly debasing to the morals. It renders the habitual user unreliable, deceitful and irresponsible. It is the cause of a vast category of moral delinquencies, among others, untruthfulness, possibly through encouraging a dreamy imagination. It renders its users undesirable either as friends or associates.

On the whole, it debases the entire life, rendering one incompetent for the highest service. There can be no surprise at

China waging a war of extermination upon the accursed thing and habit, even going to the extent of beheading people who persist in growing the poppy.

Christian's Vieno System of Foods

In conclusion, we wish very strongly to recommend the Vieno System of Foods as the basis of health and vigor, taught, and some of them prepared, by Mr. Eugene Christian, of New York, which he has originated and worked out by years of intelligent and consecrated application to the principles and needs of bodily life, the laws of health and the sources of energy, and the means whereby they may be appropriated. He plainly teaches rational living and greatly aids along the way thereto. Those following his teachings and adopting his suggested dietaries will, in so doing, render themselves a great service. In the work Mr. Christian is doing, he is proving himself the wise and true friend and bene-

factor of his fellow-beings and merits their approval and co-operation.

General Antitoxic Diet

Rice	Peas	Mush
Prunes	Celery	Lettuce
Carrots	Turnips	Parsnips
Corn Muffins	Cooked Apples	Roasted Potatoes
Sour Fruit Juices	Spaghetti	Macaroni
Honey (Leggett's)	Creamery Butter (only)	
Horlick's Malted Milk	Cream (sterilized)	
Spinach	Asparagus	
Malted Nuts	Wheat	
Lentils, Egyptian	Custards of all kinds	
Royal Lunch Crackers	Cream of Wheat	
Oatmeal	Vieno Self-rising Bran Meal	
Evaporated Peaches and Apricots		
Peanuts (which contain all elements of meat)		
Milk, sweet or buttermilk (Drink only on empty stomach)		

Vieno Self-rising Bran Meal has been proven a perfect food.

Sour fruits, when eaten with starchy foods, check digestion at once.

Every three days eat one meal of fruits, vegetables and sour fruit juices.

Fresh fish should never be eaten with apple sauce, tomatoes, cranberries, sour fruit or milk.

Tomatoes should be eaten alone, between meals, pared, sliced with crackers, lemon juice or apple vinegar, as preferred.

Drink one glass of water with each meal, but do not wash food down with it. Drink five glasses per day, between meals.

Take as much exercise as possible. Do not drink ice water.

Train yourself to eat slowly, by thoroughly masticating your food.

An exclusive fruit diet for three or four days.

Dry, but not hard foods, masticated thoroughly.

Fruit breakfast, a fruit supper and a mixed dinner.

Fresh ripe fruits are much better than stewed fruits.

Apple or orange juice taken fifteen or twenty minutes before meals.

Sometimes orange and lemon juice taken fifteen or twenty minutes before meals.

Grape and fresh apple juices are best of all fruit juices for stomach trouble.

Avoid white bread.

Cane sugar produces irritation and catarrh of the stomach.

Toxine Dietary

The following is a toxic dietary and should not be used. They are disease producing foods.

1. Meats of all kinds, as follows: Beef, veal, mutton, pork, oysters, clams, lobsters, liver, sweetbreads and chicken, except the white meat.

2. Tea, coffee, cocoa, chocolate.

3. Wine, ale, beer and all alcoholics have no food value and are all injurious to the body.

4. Oysters contain typhoid germs.

5. Condiments of all kinds are injurious to the stomach.

STATEMENT AS TO THE INSTRUMENTS USED IN THE NEW AND SCIENTIFIC METHOD OF TREATING CHRONIC DISEASES

The instruments used in these treatments are the following: The vacuum cups, the vacuum pump, the arm and leg receivers, the bakers for the arm and leg, the cabinet bath, the window tent, the douching tub and tube, the manipulating table, the fruit juice press, the galvanic battery. These may all be obtained through the author.

In addition we use one more instrument, which, if any one may be singled out, is the most important of all; viz., the colon syringe, which the author is having manufactured by special arrangement with a large factory in New York. The colon syringe, designed by the author specially for the purpose of cleansing the entire colon, is the only one that will effectively do that work and it may be obtained from Dr. Miller. It is as follows:

A bulb syringe, using heavy tubing made especially for this purpose, with a small channel and a nozzle designed on purpose to throw the water up to the transverse colon. Using this syringe and following the author's directions, the water will be carried around to the vermiform appendix in two minutes.

INDEX

	<i>Page</i>
APPENDICITIS	
Avoiding.....	
Defined and described	174
Causes.....	175, 176
Constipation	175
Feces in the lumen	175
Overeating, etc.....	175
Abdominal engorgement	175
Dietary for appendicitis patients	187
Kinds	177
Acute catarrhal, acute diffuse, chronic, gan- grenous, obliterative	177
Origin	180
Uses of the appendix	177-180
Symptoms	176, 177
Specific treatment.....	181-187
 BRIGHT'S DISEASE	
An affection of the kidneys	110
Denudation	115
Disintegration	114, 115
Causes.....	111
Exposure of back to cold.....	114
Irritation	114
Poisons from the blood	114
Over-burdening	112, 113
Thickened blood	113
Progress of the disease.....	116

BRIGHT'S DISEASE (*Continued*)

Page

Acute	116
Insidious	116
Disintegrating	118
Virulent	118
Prognosis	118
Treatment	118-121
Dietary	121

CONSUMPTION

Causes	209-215
Bad air	211
Inheritance	210
A tendency	210
Direct inheritance, sperm, ovum, placenta ..	210
Insufficient nourishment	212
Environment unfavorable	213
Contagion	214
Exposure to inclement weather	213, 214
Carelessness in dress and habits	213, 214
Intimacies between friends—kissing, fond- ling, etc.	214
Sedentary life	211
Unsterilized utensils	214
The presence of a germ, bacillus	210, 215
Defined	208, 209
Characteristics	215
Nature	215
— saps vital forces	215
— reduces the tissues	215
— wastes the body	215
Symptoms	216, 217
— early	216

INDEX

277

CONSUMPTION (<i>Continued</i>)	Page
Expectoration	216
Cough	216
Appetite, loss of	216
Temperature	216
Chilly sensations.....	216
Loss of weight, flush on cheeks.....	217
Slight headache.....	217
Later symptoms	217
Sputum	217
Warning	217
Care needed.....	217
Consumption readily prevented.....	218
Hope for the afflicted.....	218, 219
Treatment	219-225
Should be prompt	218
Dietary.....	226, 227
 DISEASES OF THE LIVER.....	 198-207
—principal functions of	198, 199
Glycogen.....	198
Urea	198
Bile	198, 202
Antitoxic function of	198, 199
Storage of poisons.....	198, 199
Protection against poisons	199
Protection against bacteria.....	199
Secretion of gastric juice by the stomach.....	200-202
Why included here	202
Diseases of the liver.....	202-205
Torpidity and its causes	202, 203
Coffee drinking	203
Wrong dietary.....	203

DISEASES OF THE LIVER (<i>Continued</i>)	Page
Abdominal engorgement	203
Drinking rum, beer and liquors	203
Congestion	203
Active	203, 204
Passive	204
Cirrhosis of liver	204, 205
Toxic	204
Infectious	205
Chronic	205
Obstruction of bile ducts	205
Gall stones	205
General treatment	205-207
Dietary	206

DISEASES OF THE STOMACH AND BOWELS

STOMACH:

Affected by the general state of health	156, 157
Catarrh of stomach	157
Acute	157
Gastritis	157-159
Causes of	157, 158
Defined	158
Dyspepsia	158
Ulceration	158, 165, 166
Causes of	158
Neurosis of the stomach	158
Chronic diseases of the intestines	159, 160
Catarrhal enteritis	159
Intestinal obstruction	159
Amœbic dysentery	159
Constipation	159

INDEX

279

DISEASES OF THE STOMACH AND BOWELS (<i>Continued</i>)		Page
Mucous colitis		160
Causes	160-166	
Overeating		160
Irritating foods		162
Too frequent eating		162
Wrong diet		162
Stimulants and opiates		163
Cathartics		164
<i>Treatment:</i>		
For indigestion	166-169	
Inflammation of the stomach	169, 170	
Dysentery	170, 171	
Colitis	171	
Ulceration	171	
Intestinal obstruction	171	
Dietary	173	
ECZEMA	191-197	
Defined	191	
Skin disease	191	
Occasioned by impure blood	191	
Scales, blotches, rawness, tetter	191	
Causes	192-194	
Improper diet	192	
Defective nutrition	192	
Abdominal engorgement	192	
Impurities in the blood	192	
Manifestations	191, 192	
Prognosis	194	
Treatment and cure	194-196	
Dietary	197	

ENURESIS IN THE AGED—

URINAL INCONTINENCY OF OLD PEOPLE

	<i>Page</i>
Defined	188
Causes.....	188, 189
Weakened nerves	189
Treatment	189, 190

GOOD HEALTH—KEEPING WELL

Abnormal to be ill	228
Adjustment to natural law	228, 229

HEALTH AND HAPPINESS

Congested blood vessels.....	229
Headaches	229
Neuralgic pains.....	229
Heredity	230, 231
Some essentials to health.....	231-237
See vital organs vigorous.....	231
Breathing abundance of fresh air.....	232
Drinking pure water.....	233
Food, nourishing	234
Meats harmful	234
Clear brain—essentials thereto.....	235
Brain feeds out power.....	235
Brain physical organ of power	235
Nerves conveyors of power	235
Nerves and nutrition	235, 236
Poisons and impoverished blood	236
Rest, overtaxation, nerves.....	236
Spirit and optimism	237
Some things to guard against	238-240
Condiments	239
Cheese often harmful	239
Eating when food remains in stomach	239

INDEX

281

GOOD HEALTH—KEEPING WELL (<i>Continued</i>)	Page
Iced foods and drinks	239
Milk—invalids	240
Much sweets and intestinal derangement . . .	238
Sour pickles	239
Spices, harmful	239
Strong acids	240
Sweets at bed time	238
Sugar—irritating	240
Tomatoes	240
Some things helpful	240
Asparagus	247
Corn	247
Coarse foods	240
Deep breathing	243
Eggs	241, 244
Remedy for constipation	240
Bran cooked and eaten	240
Fruit diet	241
Fruits and flatulency	246
Hot fruit juices	241
Lemon juice	244
Oranges and grape fruit	245
Pineapples	245
Percentage of uric acid in meats	245, 246
Prevention and cure of throat trouble	246
Prunes	246
Soft boiled and raw eggs	248
Spinach	245
Tonsilitis—cure	244
Some deductions as to foods	248
Intestinal derangements	248
Food not utilizable	248, 249

GOOD HEALTH—KEEPING WELL (<i>Continued</i>)	Page
<i>Biliousness</i> —its cause and remedy	249, 250
Indigestion—how cured	250
Headache—cure	251
Strength and nerves	251
The necessity of strong nerves	251
How to have strong nerves	251
— avoid excitement	251
— be optimistic	252
— good circulation	251
— keep blood at 100 degrees of richness	251
— keep liver in good condition	251
— live a clean life	252
Control of appetites	252
Appetites three in number	252
Misuse perilous	253
Gout, lumbago, sciatica	253
— principal causes of	253, 254
<i>Tobacco</i>	254, 255
— a deadly poison	254
— a narcotic	254
— effect upon the nerves	255
— quantity annually used in the U. S.	255
Opium	255, 268
Morphine using	268
Alcohol and related compounds	256
— not a food	256, 257
— of no benefit	257
— a poison	257
Overeating: relief from its distress	257, 258
Value of honey as a food	258
Some things helpful to know	260
Nutrition, health, vigor, life	260

GOOD HEALTH—KEEPING WELL (*Continued*) Page

Body—constituent elements of	260, 261
Origin, a minute cell	260
Its fifteen elements	261
Chemistry of foods	261–267
Classification of foods	263
Carbohydrates, fats, mineral salts	264–267
Proteids	265
Cold feet—causes and remedy	267
Dr. Christian's vieno system of foods	269
Antitoxic diet	270, 271
Toxine diet	272

LOCOMOTOR ATAXIA

Causes	56
Constipation	59, 60
Living contrary to natural laws	56, 57
Neglect	60, 61
Nutrition, defective	58
Injury	60, 61
Impoverished blood	59
Not a primary disease	57
Poisons in the blood	59, 60
Overexertion	61
Rest, insufficient	62
Spine impoverished	64
Violence	57, 58, 62
Defined	50
Indications	64
Aching joints	64
Difficulty in walking	64
Helplessness	65
Loss of strength	64
Weakened motor nerves	64

LOCOMOTOR ATAXIA (*Continued*)

	<i>Page</i>
Classification	65, 66
Symptoms	66, 67
Lightning pains	66
Pre ataxic	66, 67
Real ataxic	67
Treatment	68-76
Self-help	68, 69
Abstinence	69
Cleanliness	69
Desire with resignation	69
Peace	69
Response to encouragement	69
Applied treatment	69-76
Lateral curvature	76
Causes	77
Treatment	78
Prognosis	80
Dietary	78-80

NEURASTHENIA

Defined	81
Causes:	
General—excesses, heredity	88, 89
Dissipation	90, 91, 92
Excessive strain	94
Psychical causes	95, 96
Over-strenuousness	92, 93
Stimulants and opiates	95
Unrestrained temper	93, 94
Characteristics	83-88
Languor	83
Loss of confidence	83
Readily discouraged	84

INDEX

285

NEURASTHENIA, Characteristics (<i>Continued</i>)	Page
Waning enthusiasm	84
Vanishing zest	84
Symptoms	97
Irritability	97
Exaggerated ego	100
Insomnia	98
Magnify the insignificant	97
Pernicious imagination	97, 98
Peculiar sensitiveness in health	98
Waning constructive faculties	99
<i>Definite Manifestations:</i>	
Pains and soreness in region of liver	100
Sensations along the spine	100
Stomach all a quiver	100
Throbbings etc., of the heart	100, 101
Strong indications of hysteria	101
Ultimate effects	101, 102
Prognosis	103
Treatment	103-107
Dietary	108, 109
 PARALYSIS	
<i>Affection of the nerves</i>	34
Causes	39, 40
Exposure to cold	36, 37
Impoverished blood	39
Improper food	39
Injuries	38, 39
Overeating	40
Poisons in blood	39
Sitting in draft	39
Sluggish circulation	39, 40
Use of intoxicants and narcotics	40

PARALYSIS (<i>Continued</i>)	<i>Page</i>
Characteristics:	
Decreasing nutritive powers	40
Indigestion	40
Indisposed to exertion	40
Lassitude	40
Weakening bodily powers	40
Manifestations	35
Amnesia	37
Anesthesia	35
Aphonia	36
Hysteria	37, 38
Locomotor ataxia	38, 39
Loss of voluntary control	36
Symptoms	41-43
Growing numbness	41
Growing helplessness	42
Thickening of venous blood	42
Paralysis curable	43, 44
Treatment	45-47
Thoroughness essential	43, 44
Dietary	48, 49
RHEUMATISM	3-19
Causes:	
Auto-intoxication	3
Arthritis deformans	3
Parts most frequently affected	3
Drugs and rheumatism	3
Prognosis	5
Symptoms:	
Health affected	5
Severe pain	4

INDEX

287

RHEUMATISM, Symptoms (*Continued*)

Page

Stiffness	4
Swollen joints	4
Tenderness to touch	4

Treatment:

Arouse the liver	5
Eliminate uric acid	5
Massage and vibration over the liver	6
Relieve congestion of liver by cupping	6, 10, 11
Manipulation	8, 12, 13
Removal of auto-intoxication	17-19
Oleaginous oil	12
Stimulating the emunctories	13-16
Vital resistance fortified	17
Thermal bath cabinet	6
Dietary for rheumatics	19

SCIATICA

An affection of the nerves	21
Causes	23, 30
Chill	23
Impoverished nerves	23
Self-poisoning	24
Life	22
Forms:	
Lumbago—affection lumbar nerves	23
Prevention	25-27
Treatment	27, 28
Symptoms	25
Neuralgia	30-32
Nature	31
Cause—wrong living	31
Sciatic Rheumatism	30

SCIATICA (*Continued*)

Page

Affection, sciatic nerve.....	30
Causes.....	30
Treatment	32, 33
Dietary	33

TYPHOID FEVER

An infection of the large and small bowel	123
Bacillus typhosus	123
Etiology	135
Engorgement of stomach and bowels	129-134
Typhoid germ	123
Wrong dietary.....	132, 135
Prevention	134, 135
Observations	123-134
Symptoms	135, 136, 147
Sanitation and epidemics	136, 137
To protect against infection	137-139
Treatment	139
Cleansing	142-144
Injection, acid juices	145
History of the discovery	148
Table for treatment	150, 151
To relieve weariness.....	153
Window tent	152
Dietary	154

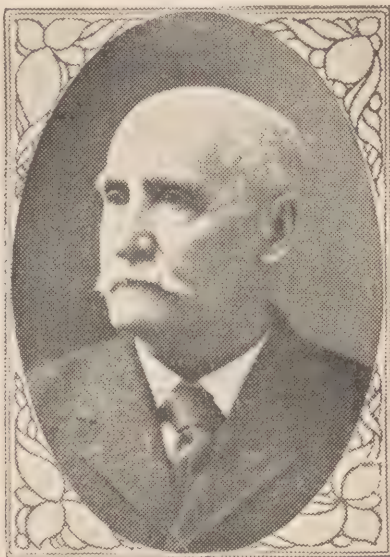
Prices advanced 25% Oct. 1st, 1910

MEDITATIONS
FOR
PHYSICIANS, INVALIDS AND PATIENTS
BY

PROF. H. N. D. PARKER

On the Application, Results and Evidence of Disease, Developed
by the Vacuum Treatment.

*Wherever Dr. Miller mentions Cupping in this book, he refers to the
VACUUM TREATMENT.*



PROF. H. N. D. PARKER

**Was the First—1876—to Announce and Advertise
DRUGLESS HEALING**

The Cures of Locomotor-Ataxia, Infantile Paralysis, Paralysis, Rheumatism, Brights' Disease, Ailments of the Nervous, Digestive, Circulatory, and Urinary Systems, and those Maladies, that are Usually Considered Incurable, by the Vacuum Treatment—Enforced—Restoring the—Blood Circulation—are Marvelous—near Miraculous. It is Nature's Way, and Nature's Way, is the Only Successful Way.

LITERATURE AT OFFICE OR MAILED FREE.

PROF. H. N. D. PARKER

1022 9th Street N. W., Washington, D. C.

Consultation Free

Lady Assistant

Hours 10 to 5

Price List of Vacuum Instruments on page 5

OBSERVATIONS ON CONDITIONS CAUSED BY THE VACUUM TREATMENT

THIS TREATMENT IS ALSO KNOWN IN FRANCE AS
HAEMOSPASIA VICTOR THEODORE JUNOD IN
GERMANY AS BIER'S HYPEREMIA—PROF. DR. AUGUST BIER.

A System of Drugless Healing by Enforced— Restoring the—Blood Circulation.

WARNING

Careful Moderate, Systematic and not Heroic Treatment
is the Watchword for Success.

THIS METHOD

ENFORCED (RESTORING THE) BLOOD CIRCULATION, is an invaluable aid to a CORRECT DIAGNOSIS and a CORRECT DIAGNOSIS *is absolutely necessary to a cure.*

This process, also, becomes an invaluable addition to our means of diagnosis. (It will discover, and correct, an erroneous medical diagnosis), by disclosing the condition of the parts, through the appearance of the blood brought to the surface. On normal structures, this treatment, brings out a fine, healthy, florid color, but, on all morbid parts, the color is unhealthy, it may be a highly colored, angry looking red, pallid or dead looking, or of various dark hues, approaching absolute blackness, and, under manipulation or pressure of the parts, much tenderness will be discovered which, however, otherwise, would not be noticed.

It must be understood, first, that, healthy tissue is never painful under manipulation, or becomes discolored under treatment, and that, when the parts undergoing treatment, becomes discolored, or are tender under pressure, that it is due to the fact, that the diseased conditions are being brought to the surface (namely, changing the diseased conditions from internal, where they are dangerous, to external, where they are practically harmless), and that, in the course of treatment, it may be one week, one or more months, depending entirely on the severity of the ailment, this discoloration and soreness will all disappear.

That this discoloration, and tenderness, is due to the diseased conditions of the underlying tissues, and is not the

result of the treatment (the treatment simply changing the evidence of the diseased condition from internal to external), is amply proven by this fact, that, while the treatment is continued at frequent intervals, and often with increased severity, this discoloration and tenderness, will entirely disappear, and will not return, unless the patient is exposed to severe changes of temperature, takes cold, as it were, great fatigue of mind, or body, which weakens the nerve force, which will be shown by congestion (stagnation) of the blood circulation at the diseased point, causing a slight, temporary discoloration and tenderness which will often entirely disappear at the next treatment.

The above are facts, which all patients must bear in mind, and, because of these conditions, not allow themselves to be frightened, or to abandon the treatment, as they are ample evidence that these parts are in an abnormal (diseased) state, which can only be relieved by some method (and this is the only one) that is able to break up the lesions, by forcing the blood (the life) through the obstructed, congested blood vessels and tissues, thus bringing the material (the blood) that nature must have, to repair the waste caused by the disease, to the parts. As these diseased conditions are removed to the surface of the body, healthy, arterial blood takes its place, and, in time, the parts are, by natural processes, nature's way—THE ONLY WAY—HEALED.

This result will be attained in every case, where enforced (restored) blood circulation (the vacuum) treatment, is properly administered, and if continued for a time, sufficient to meet the exigencies of the case, there will be no failures.

INTERESTING LITERATURE ON REQUEST. CONSULTATION FREE.

PROF. H. N. D. PARKER, Specialist

1022 9th St., N. W., Washington, D. C.

Hours 10 to 8.

Sundays 11 to 1.

Prof. Parker was the first one in 1873 to publicly announce and practice Drugless Healing—He advertised it in 1876—and his experience with this system (of Healing) has been continuous since then and his successes have been phenomenal. For which see Booklet, which may be had at office or will be mailed free.

RULES FOR HEALTH

Just as IMPORTANT to Keep Clean Inside as Out.
Do It!

IMPORTANT!

Eat when you are hungry—such food as your appetite craves. Never go to bed hungry.

Drink when you are dry. Water is best.

Rest when you are tired. } Nature's demand.

Sleep when sleepy.

Eight hours work. Eight hours recreation—rest, not dissipation. Eight hours sleep—meaning eight hours in bed. This must not include the time consumed in disrobing and dressing.

THE MOST IMPORTANT

Keep the back, neck and feet warm.

Never set or stand in a draft.

They who sit with their Back to a draft sit with their Face to their coffin.

Keep your feet warm and dry. Never sit in a room (or anywhere else) where you feel chilly. If you do, you are liable to take cold, contract La Grippe or something worse. Find some place where you will feel comfortable. Always Keep Warm.

EQUALLY IMPORTANT. KEEP CLEAN INSIDE.

Keep your bowels open, at least one good movement every day. Where a laxative is needed Sulphate of Magnesia (Epsom Salts) in heaping dessert spoonful doses, are best, and should be taken on rising in the morning in one-half pint of water—warm water is best— Remember They Should Always Be Taken On (or in) An Empty Stomach; never when going to bed or after meals, unless sufficient time has elapsed to allow the meal to be digested and pass from the stomach. Should the salts nauseate, dissolve the salts in one glass of water and add the juice of half a lemon and a little sugar if desired. Stir well and drink, follow with a glass of water, which will remove all taste of the salts. Plenty of water is essential to obtain the best results. Saline Laxative, Abbotts, is more palatable and may be substituted for the Epsom Salts.

Indigestion is best corrected with Bicarbonate Bread-Soda. Even teaspoonful dissolved in a glass of water and drank with meals, or when stomach is distressed, and in acute indigestion, as needed, until relieved.

To attain the best results, in conserving or recovering your health, it is necessary that you conform to the above recommendations.

Send for literature.

Prof. H. N. D. Parker

1022 9th Street, N. W., Washington, D. C.

ABBREVIATED : : : : DESCRIPTIVE
PRICE LIST

of

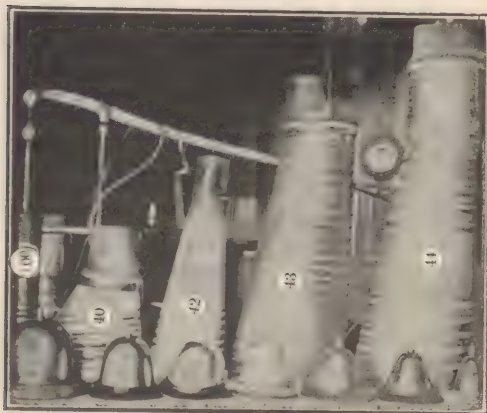
Superior, Parker "Elgin Quality," Mechano-Spondylo, Spinology, Pneumatic
Therapeutic, Vacuum Cups, Pumps, Receivers, Cabinets,
Instruments and Appliances for Administering

Spondylo-therapy

(Physical Treatment of the Spine)

Pneumatic, Hemospasia, Hyperemia, Swedish-movement, Mechano and Physio-Therapy, Vacuum-Massage and Treatment and minor instructions for their use.

Wherever Dr. Miller mentions Cupping in this book, he refers to
the Vacuum Treatment



Pump, Cups, Foot and Leg Receivers

Manufactured by

The H. N. D. PARKER MFG. CO., Inc.
Washington, D. C.

Office 1022 9th St. N. W.

Our 46-page Price List mailed to any address

GREETING.

In presenting you this catalogue and price list of our Guaranteed Parker "Elgin"—not Ingersol—Quality, Pneumatic Therapeutic Cups, Apparatus and Appliances, we beg your indulgence for its incompleteness and brevity.

While as a work of art, it may not compare with many you have or may receive, we promise YOU, that our Instruments Shall Excel those of every other manufacturer, not only in Beauty of Finish and Durability, but in every Particular Pertaining to the Object for which they are constructed, namely: Ease of Manipulation, Effectiveness, Curvative Efficiency, Convenience of Operation, Satisfaction to the Physician and Patient, Success in Relieving Human Suffering, Restoring Health (the highest and only calling of the Physician), and Comfort to the Patient.

We herewith make this bold statement, that never within the History of Mankind has there been Any Curative Agent brought to the attention of the Physician, that is of as great importance and Value in Relieving Human Suffering and Restoring Health as the System of Restoring the Circulation of the Blood, Essential Nerve Fluids and Nutrition (of the Body) to the Disease Weakened Organs, Tissues and Nerve Centers. While the importance of this system of promoting Health by Restoring the Circulation of the Blood and the Essential Fluids of the Body by mechanical media has been fully recognized by Physicians of all Schools of Practice for more than half a century, that it has not attained the prominence as a Curative Agent—with Physicians and the Laity—that it is entitled to, is due largely to the fact (and it is a fact), that up to the present time there has been no Instruments of this Class for sale, that were worthy of the name. They were wholly unreliable, inefficient, unstable, always out of order when needed, troublesome to the Physician and Operator, and in application, unsatisfactory to the Physician and needlessly painful to the Patient.

Our instruments and Apparatus are so much Unlike the Others, just mentioned—that they are Always Ready for Immediate use and will maintain their efficiency indefinitely, seldom requiring attention, other than oiling the plungers of the pumps, three or four times each year.

"There is a principle which is a bar against all information, which is proof against all argument, and which cannot fail to keep a man in everlasting ignorance. This principle is Contempt Prior to Examination."—Herbert Spencer.

OUR POLICY.

The policy of the H. N. D. Parker Mfg. Co. will be to devise and manufacture Appliances, Apparatus and Instruments that are more Effective, Applicable, Enduring and better adapted for the purpose intended than any previous effort in this direction.

All goods we manufacture, or handle, will carry our full and unqualified guarantee. Any that—in use or other wise prove defective in any particular—except rubber goods—will be replaced at our expense.

TERMS.

The prices quoted, are f. o. b. Washington, D. C. Orders for goods to be shipped C. O. D. by express or Parcel Post, must be accompanied by at least 25 per cent of amount of bill, in currency, certified check, express or P. O. money order when goods will be shipped at earliest moment possible—balance C. O. D.

SHIPMENT.

Goods will be shipped usually on receipt of order except the Arm, Leg and Body Receivers—which are not carried in stock, but are made to order on special terms, of 50 per cent with order, or when delays are made necessary on account of rubbers to go with them, for which we have to depend on the rubber manufacturers, who sometimes are two months in filling orders.

Physicians of all Schools should provide themselves with one of our Emergency Outfits, **Consisting of Nine Cups, No. 90 Pump and Carrying Bag at \$75 (if nothing more).** This treatment is a complete Panacea and Radical cure for Pneumonia, Pleurisy, Lumbago, Meningitis, Bronchitis, Tonsillitis, Diphtheritic and other acute and chronic ailments of the Bronchia, Larynx and Throat.

The proper and systematic—not too heroic—application of this method will at once remove the congested or inflamed condition of all Acute Ailments, and dissipates the painful and Dangerous Symptoms, relieves and places the Patient well on the Road to Recovery—the desideratum so much to be desired and yet, without this system, success is denied you, and your Patient suffers on to a slow recovery or perhaps something worse.

Wishing you success and thanking you for any favors, etc.

We are, yours truly,

THE H. N. D. PARKER MFG. CO.,
Washington, D. C.

If nature calls at either door,
Do not attempt to bluff 'er.
But haste away, at night or day,
Or health is sure to suffer.

More Important to Keep Clean Inside Than Outside—
Do It.

ABBREVIATED PRICE LIST NOV. 1914.

And Description of the Superior Parker "Elgin Quality," Vacuum Cups, Pneumatic and Spondylo Therapeutic Instruments and Appliances referred to in this book.

A complete catalogue mailed on request. Manufactured by

THE H. N. D. PARKER MFG. CO.

Washington, D. C.

Office, 1022 9th Street Northwest.



No.	A	Cup for the eye applied by suction of mouth or pump, Rubber base.....	\$ 7.00
No.	B	Cup for the ear applied by suction of mouth or pump, Rubber base.....	7.00
No.	1	Hollow face, 2 inches diameter, with valve and Rubber base.....	4.50
No.	2	Flat face, 2 inches diameter, with valve and Rubber base.....	4.00
No.	3	Hollow face, 2½ inches diameter, with or without valve, Rubber base.....	4.80
No.	4	Flat face, 2½ inches diameter, with or without valve, Rubber base.....	4.50
No.	5	Hollow face, 3 inches diameter, with or without valve, Rubber base.....	5.50
No.	6	Flat face, 3 inches diameter, with or without valve, Rubber base.....	5.25
No.	7	Hollow face, 4 inches diameter, with or without valve, Rubber base.....	6.50
No.	8	Flat face, 4 inches diameter, with or without valve, Rubber base.....	6.25
No.	9	Hollow face, oval 6 x 7 inches, Rubber base with valve.....	8.00
No.	10	Flat face, 5½ inches diameter, with valve, Rubber base	7.50
No.	11	Hollow face, 5½ inches diameter, with valve, Rubber base	8.50
No.	13	Hollow face, oval 5 x 10 inches with valve and Rubber base.....	12.50
No.	17	Hollow face, 8 inches diameter, with valve, Rubber base	16.00
No.	18	Flat face, 8 inches diameter, with valve, Rubber base	15.00
No.	20	Flat face, glass, 2½ inches diameter, no valve, Rubber base.....	5.00

No. 22	Flat face, glass, 3 inches diameter, no valve, Rubber base	\$ 6.00
No. 23	Hollow face, oval, metal 7 x 4 x 12 inches deep, Rubber base for treating the Genitals of both Sexes.....	15.00
No. 25	Hollow, glass eye cup, 1 x 1½ x 4 inches, for treating the Eye Ball, for Dimness of Vision, Cataract, Granulated Eyelids, &c., and can be applied by the air pump or by mouth suction. Complete.....	4.00

Our Cups except Nos. 20, 22 and 25 "which are Glass," are made of an unbreakable metal, are nicely finished and will not tarnish. Always ready for use, the Rubber base easily removed for the purpose of cleaning, and is the only part that will ever need renewing. The pumps are always ready for use—and will endure indefinitely.

Cups Nos. 3, 4, 5, 6, 7 and 8 are furnished with or without Valve. When without Valve, they are intended for Vacuum Massage—that is for quick movement over the yart of the Body under treatment—and have a hole in the side of the cup, which is stopped with the finger when using for Massage. The Cup, with the Valve, can be used for the same purpose by drilling a small hole in the side, which when wanted for ordinary use may be closed with adhesive plaster.

Physicians 16 inch Club Bag for carrying No. 90 Pump and Emergency Set of Nine Cups, Nos. 3 to 11, made of substantial leather, leather lining

Emergency Outfit, as above, including Club Bag.. 75.00

Note:—We present, every purchaser of an Emergency Outfit, a copy of Dr. Miller's Book, Treatment of Chronic Diseases Without Drugs.

No. 90 Satchel Pump Cylinder 1½ x 8 inches, nickel plated, complete with 6 feet best rubber tubing and Coupling..... 10.00

When using place the foot piece under the front right leg of the chair occupied by the operator.

No. 95 Small Office or Family, Lever Pump; Cylinder 2 x10 inches, construction same as No. 100 pump. This pump is especially adapted for the purpose for which it is intended, namely, light office or family work

No. 100 Office Pump Lever, 5 to 1 purchase, cylinder 3 x 12 inches, nicely nickel plated, complete with 7 feet best rubber tubing and connection

**Pneumatic Therapeutic Cabinet Complete, with Valves
and Gauges for Rarified-Vacuum—and
Compressed Air, Weight
800-lbs., \$900.**

Our Parker "Elgin Quality," Physicians' Office Scales, capacity, 300 pounds.....	\$13.50
Foot and Leg Receivers, complete with rubbers	10.00 to 15.00
Hand and Arm Receivers.....	7.00 to 12.00
Rubbers for Leg Receivers.....	4.00 to 6.00
Rubbers for Hand and Arm Receivers....	3.00 to 5.00
Base Rubber No. 3 Fitting Cups, A, B, 3, 4, 5, 6 and 20	1.75
Base Rubber No. 4 Fitting Cups, 7, 8, and 22....	2.00
Base Rubber No. 8 Fitting Cups, 9, 10, 11 and 23...	3.00
Base Rubber No. 9 Fitting Cups, Nos. 13, 17 and 18	3.50
Rubber Tubing, very best quality for Pump Con- nections, per foot.....	.25
Universal Metal Connection for connecting Tube from Pump to Cups.....	1.00
Self Acting Valve, same as used in Cups, complete.	1.50

Above prices are F. O. B., Washington, D. C.
NOTE—That, all odd numbered cups are hollow face and
that all even numbered cups are flat face.

Cup No. 3 is for treating the throat, base of brain,
neck, eyes, etc. It has a small hole in the side which is
closed by the finger for quick action, when treating the
throat and neck. For in use there, it should be moved
quickly.

Cup No. 4 is for treating the Cervicle and upper dorsal
part of the spine and the ear.

Cup No. 5 is for treating the throat, base of brain,
neck, eyes, etc.

Cup No. 6 is for treating the spine and can be used
for treating the ear, when No. 4 is too small.

Cup No. 7 is for treating the shoulder, neck, knee and
ankle joints.

Cup No. 8 is for treating the upper part of the spine,
front and back of the shoulder joint, the knee joints and
lower part of the spine of children. And the ear when
No. 6 is too small.

Cup No. 9 is for treating the shoulder, back, hips, etc.,
and side in Pneumonia and Pleurisy.

Cups Nos. 10, 11 and 13, are used for treating the Lum-
bar-Sacro region of the spine. The hips and Gluteal
muscles, in Lumbago, Locomotor-Ataxia, Infantile and all
forms of paralysis, Rheumatism, Sciatic Rheumatism,
Neuralgias, Neuritis, Progressive Muscular Atrophy,
Bright's Disease, wasting of the muscles and parts, har-
dening of the spine and tissues, Heart Disease, Arterio
Sclerosis Vertigo, cramps or twitching of the legs, cold
limbs and extremities, all diseases of the Kidneys, Urinary
and generative organs of both sexes, Impotency, Hydro-
cele, Varicocele, Prostatitis, shrunken or undeveloped
condition of these parts. Atrophy, Carcinoma and prop-
lapsed of the Testes, Scrotum, Uterus and Rectum,
Pleurisy, Pneumonia, all diseases or undeveloped condi-
tion, Cancer and Mastitis (of the breast) and for develop-
ing the bust.

The above applies, in the treatment of persons of ordinary size, or any one they will fit.

Cups Nos. 17 (not shown) and 18 are of the same diameter (No. 17 is hollow faced) and are suited to treating large fleshy persons, when suffering with the above ailments. (When Nos. 10, 11 and 13 are too small.)

It must be borne in mind, that nearly all of the chronic ailments have their origin in diseased conditions of the spine, and that in almost every instance, the part of the spine first affected is the Lumbar and Sacrum region (of the back), and is commonly known as lame back, and more often dates from childhood, before maturity.

As this is Absolutely True and Particular Attention must be given to the Spine—the Diseased Condition of which, must be Removed before there will be any Permanent Improvement in Chronic Ailments.—Restore the Spinal Column to the Normal, and this Treatment, if Properly Applied and Persisted in, will do it, and your patient will be well-forward on the road to Perfect Health.

Cup No. 20 is glass with rubber base, no valve and is used for treating the ear for deafness, abscesses of the ear, and can be used for treating the penis for Gonorrhoea and Syphilis.

Cup No. 22 is glass with rubber base, no valve, and is used for treating the ear, etc., and for treating the Scrotum, Testicles and Penis (all at the same time), for Varicocele, Hydrocele, Orchitis, Impotency, etc.

Cup or receiver No. 23, is made of metal, is oval 4 x 6 inches, 10 inches deep, hollow faced, with rubber base, and takes in at the same time, the generative organs and Prostate Gland, and is used in disease of the Prostate Gland, Hydrocele, Varicocele, Atrophied and undeveloped Penis or Testes, lost manhood, and prolapsus of the Testes and Scrotum. The effect of this treatment, in diseases of the generative organs is to restore them to their normal condition. It is in fact the only system that is effective in relieving the above condition, or that affords any permanent relief. It will (in connection with the spinal treatment) make good in 95 per cent of these cases.

Arm and leg receivers and rubbers for same, are made from measure only, and are not kept in stock. Rubbers for same are not guaranteed—50 per cent of price, for same, must come with order.

OUR PARKER "ELGIN QUALITY" EMERGENCY OUTFIT.

No. 90 satchel pump is just the right size, and together with cups Nos. 3 to 11 (which nest together) will fit nicely in a 16 inch Club Bag and makes a very nice outfit for a Physician in general practice, to use in cases of Lumbago, Pneumonia, Pleurisy, Cancers, Meningitis, and congestion (aching condition) of the spine, met with La Grippe, Typhoid and other fevers; at the bedside of their patients and for light office work, and is known as the Emergency Outfit.

Where one has much office work they should be provided with one of our large No. 100 office pumps as they are much more efficient, economical (of time and strength), attractive and make a much better appearance and impression.

The Leg, Foot, Arm and Hand Receivers are used in Apoplexy, Paralysis, Rheumatism, Atrophied, Cold, Shrunken or Undeveloped Limbs, as met with in infantile and all paralysis. Congestions and inflammations, which

have retarded the Blood Circulation, Nerve Force and Cell formation. In Tuberculosis of the bones, joints, muscles and tissues.

THE PARKER "ELGIN QUALITY" CUPS.

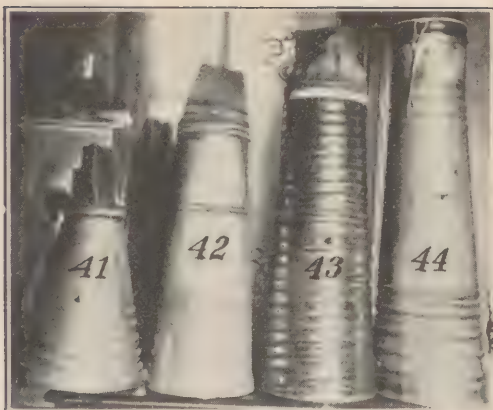
Our cups are made of a combination of unbreakable metal, especially adapted to the purpose. They are light and nest close together, for convenience in carrying to the bed-side of the patient and are highly finished and plated with a metal that will not corrode or tarnish. The base of all the cups are provided with a detachable rubber cushion, which prevents pain or injury where and when they are applied to the body, and are easily removed for cleaning or any other purpose. The valves are simple, self acting, interchangeable and durable, not liable to get out of order, are easily understood and repaired.

The connection which attaches to the rubber tubing, from the pump, in connection with the universal valve, with which each cup is supplied, enables the operator to apply one or more cups at a time; thus saving much valuable time, as compared with the one cup at a time system.

We feel confident that our Pneumatic Therapy Apparatus, for the administration of the Vacuum Treatment, Bier's Hyperemia and Hemospasia is the most perfect, practical, effective and economical manufactured. A full and complete guarantee goes with every instrument we manufacture or handle.



This illustrates the Arm Receivers. The whole length of No. 33 is not shown. It is long enough to take in the whole arm and the shoulder joint. They are made to fit air-tight on the arm, by an endless rubber band which is just the right size to fit the open end of the receiver, and the arm 2 inches above the top of the receiver.



Foot and Leg Receivers.

In application the foot and leg go into the receivers which are made tight to the leg at the upper end by an endless rubber band that is the right size to fit the receiver and the leg just tight enough to exclude the air and are air-tight, then the Air-Exhaust Pump is attached to the receiver by the rubber tube and as much air is gradually exhausted—for from fifteen to thirty minutes and even longer—as the patient will allow. The Vacuum created within the receiver forces the blood and essential fluids—of the body—down into the leg, opening up the closed blood vessels, expanding the shrunken, withered, atrophied and paralyzed limb. This extra quantity of life-giving fluid causes increased warmth and life and a return to normal conditions. Health.

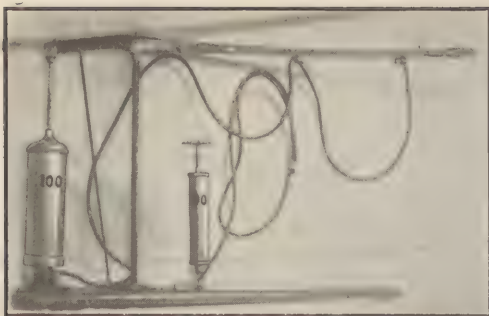
INSTRUCTIONS

Physicians and others, who desire Instructions in this Method, are referred to Prof. H. N. D. Parker, 1022 9th Street, N. W., Washington, D. C., who is prepared to give practical Clinical Instruction in this System of Cure. His experience of nearly fifty years in the practical application of this Remedy, as a cure for the most obstinate and desperate ailments mankind has been afflicted with, together with the universal favorable results that follow his operations, places him in the front rank, not only as a Physician, but as an instructor. His students obtain practical working information, not to be had elsewhere. Physicians require one or more weeks instructions to enable them to acquire the rational and technique of the System. Terms are \$25 per week of five days of four hours each.

We are prepared to furnish teachers, who will instruct Physicians or others at their homes, who for any reason are unable to come to Washington. Terms \$35 per week, including time traveling both ways and necessary expenses.

I have secured the services of B. Curtis Miller, M. D., "The Author of this Book"—Treatment of Chronic Disease—as my assistant, in office work, and teaching the various systems of Drugless Therapeutics.

PROF. H. N. D. PARKER.



**OUR PARKER "ELGIN" QUALITY PUMPS, Nos. 100
AND 90 VACUUM PUMPS.**

Our Vacuum Pumps—for exhausting the air from the cups and receivers—are made on scientific lines, of the most approved, durable and useful proportions; artistically constructed, self-adjusting, easy working and perfect. The plunger is valveless, self-packing and of such simple and durable construction, that one of our pumps was in continuous daily use for five years, doing its work well the whole of the time, the only attention given it during that period, was oiling the packing of the plunger and the bearings four times each year.

**AN IMPORTANT NOTICE TO PHYSICIANS OF ALL
SCHOOLS OF HEALING.**

No system or aid, in Removing Diseased Conditions and Restoring Health, has ever been brought to the Attention of Physicians, that equals this method of restoring the circulation of the Blood and Nervo-Vital Fluids of the Body to the Diseased and Weakened Parts.

With it, you can relieve, and remove congested blood, effusions, debris, effete and waste matter, from the brain, spinal cord, nerve centers and ganglia, and replace the same with arterial Blood and normal fluids at one and the same operation, without physical disturbance, or violence to the parts.

Disease cannot exist when Circulation of the Blood, etc., is normal.

With Our Instruments and Apparatus You Can Restore the Circulation of these Important Fluids of the Body, and Heal the Afflicted. An Unusual, Useful and Paying Proposition for all Physicians, and more especially the Osteopath, Chiropractor, Drugless and Naturopathic Physicians.

Send for our 46 page Instructive and Illustrated Price List.

H. N. D. PARKER MFG. Co.
1022 9th St., N. W., Washington, D. C.

To renounce a remedy because we cannot comprehend its essential properties, may be an act worthy of scientists, but the aim of the physician should be to cure his patient in the most auspicious and timely manner possible, irrespective of its ethical or scientific aspect, in which the patient has little, if any, interest.



This is Spondylotherapy.

An illustration of the application of the cups to the spine and hips in the treatment of Locomotor-Ataxia, Rheumatism, Paralysis, Bright's Disease, Diabetes, Asthma, Neuralgia, Neuritis, Neurasthenia, Nervous Exhaustion, Indigestion, Heart Disease, Arterio, Sclerosis, Hardening of the Arteries, wasting and atrophy of the Spine, Hemorrhoids, Piles, Prolapsus Ani, Prolapsus Uteri—falling of the worm—incontinence and retention of the Urine, and other ailments of the Urinary and Generative Organs, and all forms of Nervous Ailments, of which the above mentioned are a few only.

THE VACUUM TREATMENT IN TUBERCULOSIS

In the recent medical congress, held at the New Willard, Prof. Dr. Victor Schmieden, Assistant to Prof. Bier, of the University of Berlin, Germany, read an able paper, accompanied by demonstrations, on the use of cupping glasses in the treatment of tuberculosis of the joints, bones, tissues, etc. The Washington Star, of Tuesday, May 7, 1907, column 4, page 3, quotes him as having said that, in a large percentage of cases this treatment had completely cured tuberculosis of the tissues, the bones and joints, where previously it would have been thought necessary to operate with a knife, and perhaps to amputate, with less beneficial results.

The Vacuum Treatment Pneumatic Therapy

This method of Cure, by Enforced (restoring the) **Blood Circulation**, should be of interest to all invalids, as it demonstrates that there is a **Science in Healing**, which more than equals that in surgery, for it cures, never kills, and surgery does. This treatment is Vacuum Treatment, Swedish Movement, Massage and Mechano-Therapy, and is entirely mechanical and properly administered, success—which can be repeated as often as necessity demands—will attend every effort. It is applicable to all cases, all ailments, all conditions, all ages and both sexes. It excepts none. It brings health and rejoicing to all, and especially to those who have lost hope, suffered much, despaired more, and have been denied relief from every other source, those that have passed beyond the reach of medicine, and the skill of the physician. It matters not who they are, old or new school Osteopaths, Chiropractic, or what not. This system is the most potent of them all, and makes good, after they all fail.

It is an undisputed fact that Blood is the most essential factor for health, and that Perfect Health depends, not only upon a sufficient supply of it, but upon its normal distribution to all parts of the body. Our method, (the Junod) the Vacuum Treatment, Massage, Movement of enforcing circulation of the Blood and Nerve Vital Fluids of the body to the Diseased Part, and positively will restore the circulation of these elements,—the essentials of health—to their normal condition.

This restored Blood, and Essential Fluid Circulation, means recovered health, strength and happiness which is about all there is in life, and which is not to be had elsewhere or by any other method.

**Enforced Circulation of the Blood and Elements of
Nerve Nutrition.**

BY THE VACUUM TREATMENT.

The following testimonial, will discover to you the great value—as a therapeutic agent—the Author of this Book considers the Vacuum Treatment:

Office of
B. Curtis Miller, M. D.,
Specialist, Washington, D. C.

**DISEASES OF WOMEN TREATED SUCCESSFULLY
BY A NEW METHOD—THE VACUUM.**

Washington, D. C., August 1, 1908.

To the General Public:

For several months I have been a frequent visitor at the operating rooms of Prof. H. N. D. Parker, and have been afforded unusual opportunities to observe his methods of treatment, and to watch the results obtained



The Leg Receiver In Action.

This illustrates the method of using the leg receiver in the treatment of Locomotor-Ataxia, Paralysis, Rheumatic Gout, Atrophied, Shrunken, Undeveloped or Cold Legs. Usually the patient does the work, after the receiver is adjusted, they are the better judge of what they can endure.

(Continued from page 16.)

therefrom. In my many years of general medical, hospital and sanitarium practice there have been numerous cases presented to me and to the various institutions with which I have been connected, that were identical with those I have observed under Prof. Parker's care, and in nearly every instance, after applying every agency that was known at that time to the profession, we were compelled to admit that we could do nothing for them, but I have found now that under Prof. Parker's method of enforcing the circulation of the blood that patients improve almost from the first treatment. Some of the cases that seemed without hope, were, from the first, greatly benefitted and eventually cured. One case in particular—a little girl of eight years who had been afflicted, since she was two months old, with paralysis of the left leg (infantile paralysis). There was no motion of the hip or any joint of the limb. Within two weeks she was able to move the limb from the hip joint, having regained a part of the lost power. The improvement of the whole limb continued in the same manner and, at the present time,

(Continued on next page).



The Arm Receiver In Action.

This is an apt illustration of the way the arm receiver is applied, in the treatment of Paralysis, Rheumatism, Neuralgia, Neuritis, Operator's Paralysis, Writer's Cramp, Progressive Muscular Atrophy, and wasted, shrunk, undeveloped, and atrophied condition of the arm.

The air is exhausted from the Receiver, with the Air Pump (not shown) which causes an increased supply of blood and the essential life-giving fluids, of the body, to the diseased member. Nature's material, to restore Health. The above statement also applies to the Leg Receiver.

Bear in mind this important fact, that the Rational and Essential element in this treatment is restoring the circulation of the Blood and life-giving fluids of the Body to the Diseased Part. The importance of a correct Diagnosis is herein emphasized. It is all important and should be the first to receive careful attention.

(Continued from page 17).

there is motion of the knee, ankle and toes, and often when she is in a hurry she does not use her crutch at all. Numerous cases of Ataxia, Rheumatism, Paralysis, Bright's Disease and ailments of a like nature, were presented for my observation and instruction, and in every instance improvement was noted at once and continued as long as I observed the case.

During the six months that I have been observing the methods of Prof. Parker I have not heard a single complaint, and all patients whom I have talked with have expressed themselves as perfectly satisfied and grateful for their treatment and improvement in their conditions.

The methods used by Prof. Parker are the same as those
(Continued on next page).

(Continued from page 18.)

used by France's most famous physician, Dr. Victor Junod, and have been, and are being to-day, used extensively by a great many eminent physicians abroad. I am at a loss to understand why, with the exception of a few specialists, it is wholly neglected in this country. It is very possible that such neglect here is responsible for many of our invalids going to Europe in their search for relief from their seemingly incurable maladies and infirmities. I am of the opinion that the greatest obstacle to its use by practicing medical men in the United States is the great outlay for instruments and the vast amount of time and labor necessary to administer the treatments properly and, too, lack of skill to deal with subjects properly, each case presenting a new proposition for study and action, making it apparent that the skill necessary for successful application of the treatment can be acquired only after a long term of special study while engaged in actually applying the same.

There are a great many things to be considered that are essential to success in administering this method of treatment and, as conditions are to-day, it seem to be left entirely in the hands of specialists, hospitals and sanitariums to apply, and from them only can the great benefits be derived. Many practicing physicians cannot afford the outlay for the apparatus for general treatment or devote the time necessary to its employment in chronic cases, but they may well employ it in acute cases of pneumonia, pleurisy, meningitis and the painful condition of the spine in typhoid and other fevers with most gratifying results. The time required to give relief—and it is certain—in these ailments is but a few moments, and the disease is aborted and recovery prompt.

I am advised by Prof. Parker that a suitable outfit for physicians, such as will be needed for the cases just stated will cost about \$80.00 only, and the instruments are enduring and practical and will prove entirely satisfactory in every particular.

I have been, for more than forty years, a physician, practicing in general medicine, hospitals and sanitariums, and to persons suffering from those maladies that are considered incurable, I earnestly commend Prof. H. N. D. Parker and his system of treatment. It has impressed me so favorably that I have adopted it in my hospital and private practice.

B. C. MILLER, M. D.



Pneumatic Therapeutic Cabinet.

The valves are constructed for either **Rarified** or **Compressed Air**.

The proper use of this cabinet will greatly lessen the ravages of the Great White Plague, Heart Disease, Apoplexy, Paresis, Paralysis, Hemorrhage of the Lungs, Asthma, and ailments of the Brain and Viscera.

The Pneumatic Therapeutic Cabinet

For Either Rarefied or Compressed Air

In Operation, the Patient sits on a stool within cabinet—which when closed is air-tight—and breathes through the Breathing Tube which is held in his mouth. The Operator by moving the lever backward and forward, operates the bellows (on the top of the cabinet) which exhausts the air

(Continued from page 20.)

from the inside of the cabinet, reducing the atmospheric pressure on the outside of the body (of the Patient) from one-thirtieth to one-tenth, increasing the pressure on the inside of the Body the same amount which causes the body to expand and determines all of the fluids and gases of the body to the surface, relieving congestions and inflammations of the Brain, Lungs and Viscera, permanently arresting and curing Hemorrhage of the Lungs or Uterus, opening up the closed air cells of the Lungs—causing profuse perspiration and elimination of morbid fluids and gases through the pores of the skin. Its utility in Heart Disease, Paresis, Diabetes, Asthma, Paralysis, Epilepsy, Apoplexy, etc., has been amply demonstrated.

In ailments of the throat and lungs, it is the Supreme Treatment. It is often called the Breathing Machine from the fact that the Patient just has to breath, can't help it. That the proper use of the cabinet would greatly reduce the Ravages of the great White Plague has been amply demonstrated. It is the only system that is sufficient to and will open up the closed hepatized and atrophied air cells of the Lungs and cause sufficient air to permeate them to properly oxidize the Blood, thereby creating the Red Blood Corpuscles, the absence of which causes the anemic condition of the Patient.

That the pneumatic cabinet when properly manipulated, will do these things, when no other means will, is conceded by scientists and has been amply proven in practice. It is the expense of the cabinet and absence of efficient operators that prevents its universal adoption by the Progressive Physician.

Its great value in ailments of the respiratory organs—if nothing more, is bound sooner or later to bring it into general use.

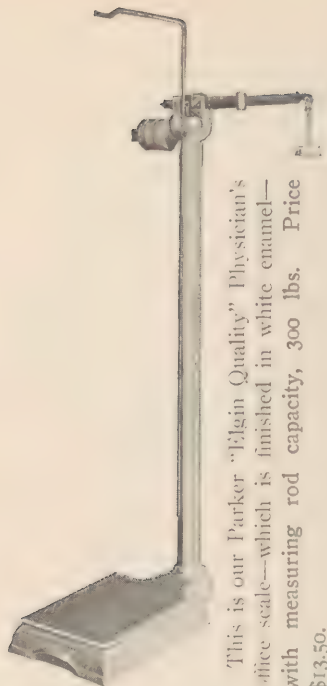
No time limit can be made for the treatment. The condition and temperament of each Patient must govern each case. It should not be so long or so severe as to exhaust the Patient. Cautious and moderate treatment is best, and should be repeated at least daily, and in some cases oftener.

As the cabinet will be made to order only, a reasonable time after receipt of order must be allowed before shipment can be made.

Communication relating to the above shall have prompt attention.

Address all inquiries to,

The H. N. D. Parker Mfg. Co.,
Washington, D. C.



This is our Parker "Elgin Quality" Physician's office scale—which is finished in white enamel—with measuring rod capacity, 300 lbs. Price \$13.50.

PARKER "ELGIN QUALITY" PHYSICIAN OFFICE SCALE, \$13.50.

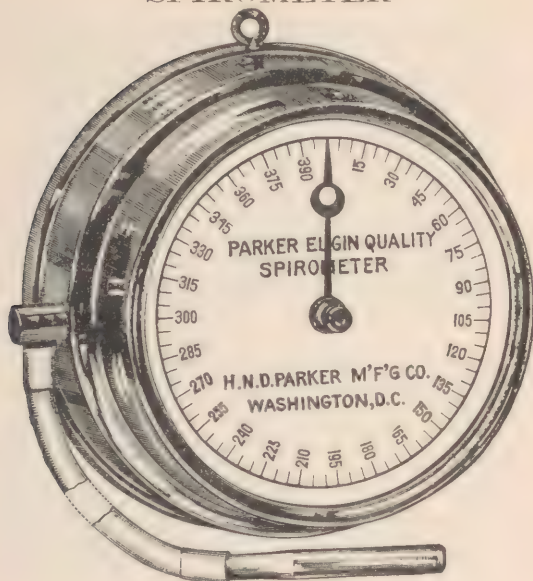
The above is a cut of our Parker "Elgin Quality" Physician Office Scale (Capacity 300 pounds) and Measuring Rod.

It is finished in White Enamel, and is one of the most essential and satisfying units of the Physician's Office Equipment that can be acquired.

It will demonstrate conclusively and to the entire satisfaction of the Physician and Patient, just what Physical improvement is being attained in their case.

Physical improvements are noted by the return of normal condition, namely, if Patient is under normal weight they should gain weight; if over, they should lose weight. With one of our Parker Quality Office Scales in your Office it is an easy matter to determine the improved condition to the entire satisfaction of the Patient.

SPIROMETER



WEIGHT $1\frac{1}{2}$ LBS.

The above is an illustration of

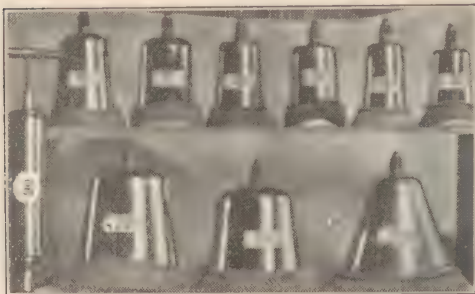
OUR PARKER ELGIN QUALITY SPIROMETER . . Price \$6.00

The Spirometer in itself, so far as the lungs are concerned, is a whole gymnasium, and is a most useful instrument to strengthen the respiratory muscles and develop the lungs. While its frequent, regular and systematic use will develop the lungs and increase the strength of the RESPIRATORY muscles and quantity of air and oxygen to the lungs—OXIDIZING and MAKING RED BLOOD. Its great value to the physician—provided tests are made regularly and duly recorded—will be to enable them to determine the improvement in the condition of the patient and are so convincing that arguments are entirely eliminated. Facts, represented by figures, are convincing and make a better and more lasting impression than any psychological effort can. It will eliminate all doubt and change hope to confidence, a condition ever welcome to the honest physician and appreciated by the patient. A nice card indicating capacity of normal lungs furnished with every Spirometer. See reduced card below:

AVERAGE LUNG CAPACITIES.

Height	5 Feet	180 Cubic Inches
"	5 2 Inches	185 " "
"	5 4 "	190 " "
"	5 6 "	195 " "
"	5 8 "	205 " "
"	5 10 "	215 " "
"	6 Feet	230 " "

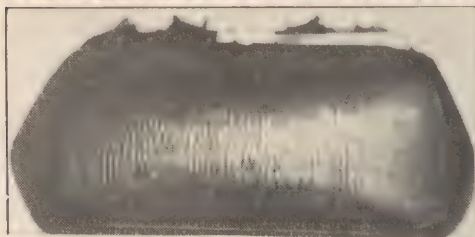
THE PHYSICIAN'S EMERGENCY OUTFIT



Pump and Cups of Emergency Outfit.



Cups, Nested to Place in Bag.



Club Bag, to Carry Them In.

THE EMERGENCY OUTFIT, PRICE \$75

The Emergency Outfit, as shown above, consists of No. 90 Satchel Pump and Cups Nos. 3 to 11, inclusive. The Cups will nest together nicely and, with the Pump, will fit in the 16 inch Club Bag shown above. This makes a very convenient selection for the physician to carry to the bedside of his patient and use in cases of Lumbago, Pneumonia, Pleurisy, Meningitis, Mastitis, Incipient Cancer of the Breast, Congestions and Inflammations of the Spine, &c., the aching condition of the spine met with in typhoid and other fevers. All acute ailments yield readily to its potent influence But be cautious and not treat too heroically.

WE PRESENT every purchaser of the above outfit, a copy of Dr. Miller's Book, Treatment of Chronic Diseases—The H. N. D. PARKER Mfg. Co., 1022 9th Street Northwest, Washington, D. C.





WERT
BOOK BINDING
MIDDLETOWN, PA.
APRIL 78
We're Quality Bound

WT 500 M647n 1920

50410320R



NLM 05261991 4

NATIONAL LIBRARY OF MEDICINE